

Massage

BY THE
MASTER
MASSEUR

PRICE HALF-A-CROWN.

M17337

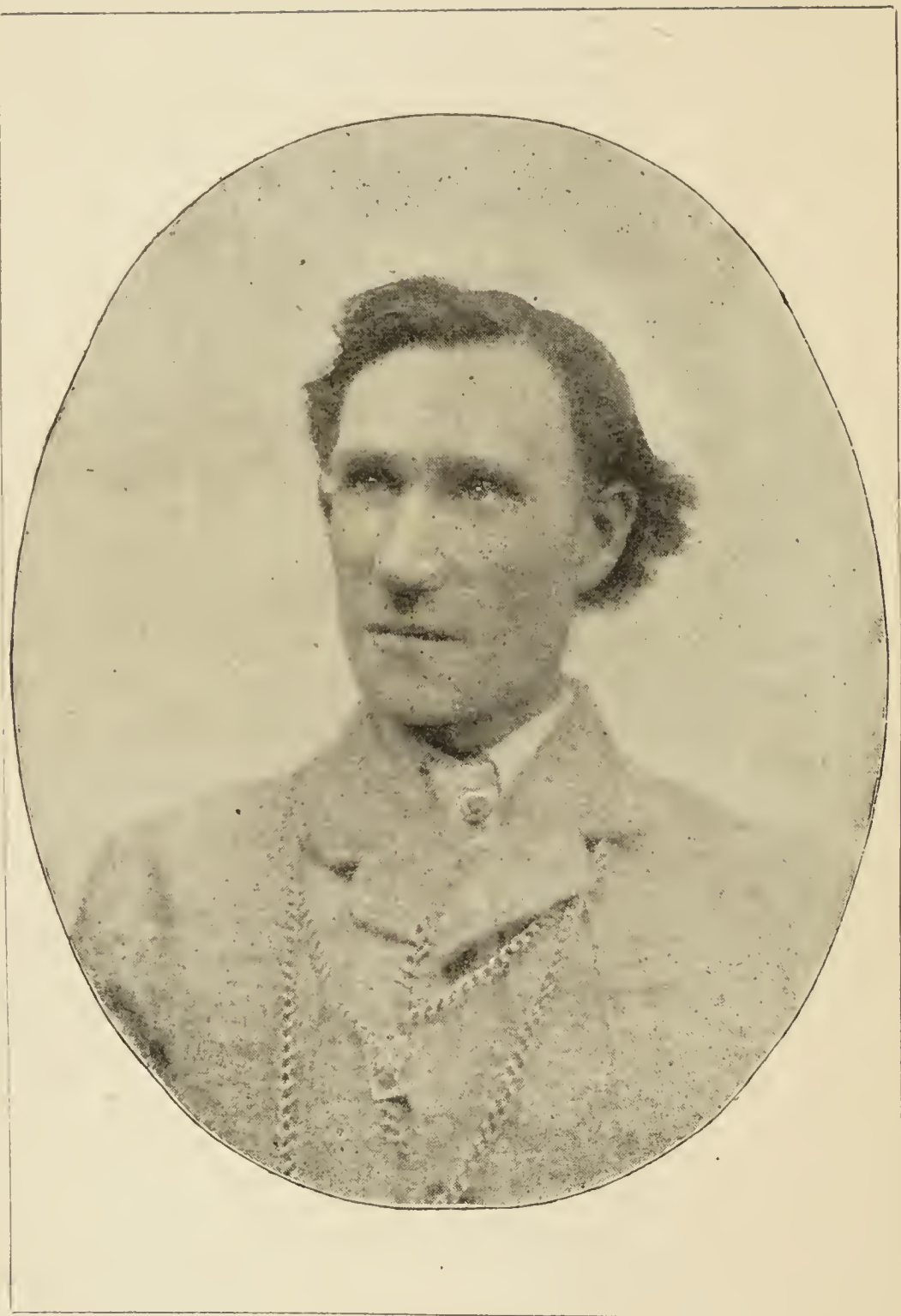


22101799924



Digitized by the Internet Archive
in 2017 with funding from
Wellcome Library

<https://archive.org/details/b28998923>



A BOOK FOR THE PEOPLE.

M A S S A G E

A TREATISE ON DISEASE,

And Its Cure

BY

MASSO-THERAPEUTICS.

COMPILED BY

W. HANNAWAY ROWE,

“THE MASTER MASSEUR.”

FOURTH EDITION. FIFTIETH THOUSAND.

CONSIDERABLY ENLARGED AND REVISED.

PUBLISHED BY “THE MASTER MASSEUR.”

M17337

WELLCOME INSTITUTE LIBRARY	
Coll.	welMomec
Call	
No.	WB 535
	189*
	R 87m

345550

PREFACE TO SECOND EDITION.



THE great success, and the rapid sale which attended my first Edition, has prompted me to enlarge and revise my little work. From the number of letters I have received, and the eulogy passed upon its contents, I have concluded that it has filled up a want long felt.

In the following pages, I aspire to nothing more than to direct those who take an interest in my system, into “the method and manner of working,” in order to get rid of Disease.

That we have already been successful in this, is attested to by the many who have followed the rules here laid down; and the universal testimony is that light has come into homes hitherto darkened by suffering, and happiness, comfort and health, where sorrow, discomfort, and sickness had reigned supreme for years, and that, by following the rules laid down in the accompanying pages.

PREFACE TO THIRD EDITION.



GAIN I am called upon to enlarge and revise my little work on Massage. Many thousands of people in all parts of Great Britain have read this Treatise—better still, they have followed the rules laid down, and by so doing have guided themselves and families to certain cure of their diseases by the power of Massage.

We are now entering into the Twelfth Thousand of our Second Edition, and this fact has so encouraged me, that I have felt constrained to add yet other chapters on Deafness, Blindness, and Massage of the Spine, which I hope will prove acceptable to the sufferers.

PREFACE TO FOURTH EDITION.



IN enlarging my work to more than double the size of the Second Edition, and carefully revising the whole, I found necessary, because the sphere of my labours has extended so considerably during the past two years. People who looked askance at Massage two years ago, now adopt it in their own homes, and upon themselves. They have seen the benefits accruing from its adoption by those around them.

I felt it necessary, therefore, to enlarge my book, so as to embrace the whole field of disease, and make it a handbook and volume of reference on Massage. It is written, not for the doctor, but for the sufferer and those interested in the sufferer, and to them it will be found invaluable as a guide to conquer disease by my system.

MASSAGE.

INTRODUCTION.



IN presenting this little work to the public, I do so with the greatest confidence. My readers, before whom I have been so many years, will, I am assured, appreciate my endeavours to alleviate the sum of human misery.

There are, I know, many works extant on Medical Science, as well as several books treating on Massage, Medical Rubbing, Shampooing, etc., and written by men of Scholastic education, but they are either too expensive, or written in a language which the ordinary layman does not understand; and the remedies and systems recommended are of such a nature that they are like putting a sword into the hands of a child. My object has been to bring home to the minds of the people palpable truths, which will carry conviction with them. In doing so I claim for myself no superior knowledge; I offer to my readers no abstruse reasonings; nor do I pretend to have discovered some new method, or miraculous power of healing. On the contrary, my ambition has ever been to be a working man among working men in a work-a-day world. Educated in the school of adversity, and endowed by nature with observant and receptive faculties, I became, perforce, a student of nature—a graduate in the college of

that grand old nurse-mother—and I found in her beautiful book treasures such as the small books of man do not contain.

By filling my mind out of the never-failing stores of her treasure house, I have been enabled to take my stand in that ever-increasing army of natural physicians who have been led by such men as Thompson, Coffin, Beech, Weir-Mitchell, and others who have been waging war against disease, and endeavouring to overthrow the science of medical tyranny, by inviting the multitude to adopt a more rational, natural, and inexpensive method of treating disease.

If therefore this little book will be the means, under God, of rescuing many from an early grave, and bringing health and happiness into homes hitherto desolated by suffering, I shall be more than satisfied.

Nothing will be recommended in the following pages on mere theory. The whole work is based on the ground of a long practical experience. The means adopted by me for the removal of disease will be found to be Sanatory, *i.e.*, assisting nature to assert her dominion by administering those remedies only which act in accordance with the eternal laws of nature.

I therefore, fearlessly, offer myself, my work, and my system to the sick and suffering, feeling sure that if the patient will but persevere in the treatment recommended, it will arouse the dormant energies of the body to fulfil their proper functions, and make life what it ought to be, a smooth and happy existence.

That such may be the case is the earnest prayer of

W. H. ROWE,

(THE MASTER MASSEUR).



CHAPTER I.

MASSAGE IN ITS RELATION TO THE HUMAN BODY : DISEASE.



WE live in an age of wonders. The world no longer stands still on its axis, as it were, but rolls onward with a grandeur and rapidity of progress that is literally bewildering to all the senses of the sentient human being. The spirit of enquiry is abroad, and the people generally are becoming philosophers and savants, equally with the most learned, who are exploding the dogmas and theories of centuries by utilitarian experiments and facts brought to bear upon all the relations of man's moral and physical existence.

Especially do we find this the case in those departments of knowledge called Medical and Philosophical Science. The advancement of these branches during the past few years has not only been rapid and startling, but thoroughly practical in every sense of the word; simplified to the understanding of the most ordinary intellect, and ushering in the good time coming when every one may be his own physician, and find the so-called science of medicine written on a single page. A new reign of medical knowledge has been inaugurated, and the world is

12 *Massage : a Treatise on Disease and its Cure.*

already witnessing most astounding revolutions in the practice of "The Divine Art of Healing." A sound mind in a sound body is the rallying cry to-day, and every compatible hygienic and therapeutic aid is invoked to consummate such glorious achievement in the well being of man.

Among the many useful agents employed in removing disease, none can lay claim to such antiquity or such general utility as Massage. Friction has been adopted since time was. By the skin much morbid matter is eliminated from the body by insensible perspiration; hence the due performance of its functions is of great importance, both in health and disease. This sudorific apparatus was recognized at a very early period by anatomists, who anticipated the views since reached by modern physiologists. Among every aboriginal race of people we find that rubbing formed part of their *modus operandi* in curing disease. However primitive their methods, or simple the means they employed, Massage under another name entered largely into their *Materia Medica*.

Peoples, as wide as the poles asunder, are discovered by civilization, adepts in this very natural and instinctive system. Races of men and women from extreme north to extreme south—the American Indian and the Esquimaux, the Japanese and the African, the East Indian on the burning plains and the Aborigine on the confines of Labrador—all understand, more or less perfectly, the way to conquer disease and to keep the body in health by rubbing.

In our own day Massage has been reduced to order. We no longer rub the body ignorantly, as did our forefathers, but by a definite system. And this system is

achieving astounding revolutions in the world and in the alleviation of human suffering. To all appearance its power is infinite. There is no saying where it can stop. It triumphs over difficulties that once seemed insurmountable. Massage, combined with Electricity, are found not only sufficient to conquer most of the ills incident to our suffering humanity, but that they will restore the impaired energies of man more quickly than any other therapeutic agent.

The human body is a machine, which is worked by nerve force, and is endowed with powers of keeping itself in repair. This power, be it said, is enjoyed also by members of the vegetable kingdom, for if a tree is wounded a healing fluid is thrown out to cover the wounded surface. This fluid hardens, and in time completely heals the wounded parts. If the tree does not obtain suitable or sufficient nourishment, this process cannot take place; the power of keeping itself in repair and in health is weakened or lost, and it dies. The same holds good with the human machine, if a too stimulating food is taken. We have high-pressure and low-pressure engines, and we have also different human constitutions. The human engine is at present being worked at a very high pressure, and is it therefore to be wondered that so many human engines go wrong? The steam-generating parts of an engine correspond with the brain, and the boiler and fire-box with our digestive organs. Engines go wrong in different parts, and so it is with our systems—some go wrong in the brain and nervous system. But it is all from the same cause: we are living in a high-pressure age on a high-pressure diet. Hence, we do not arrive at the age of our fathers; hence, we have what is called Disease.

14 *Massage : a Treatise on Disease and its Cure.*

Now although disease has been divided and designated by the faculty under countless appellations, the careful observer must nevertheless come to the conclusion that the effects arise from an internal cause only, and that under whatever form it appears, all its symptoms may be resolved into those arising from debility and derangement of function. The only rational theory of disease which can be propounded, therefore, is that debility is the cause and consequence of every disease, and ultimately of death. To this theory even the most obstinate of the faculty must finally come.

So that the system of treatment as here recommended will be founded on the inimitable principles of Nature, by which every type of disease may be fully explained in every constitution. Let it be remembered that there is no such word as "incurable" in Nature's vocabulary; and if we will only get clear of that wilderness of opinions founded on error and supported by bigotry and prejudice, we shall have our minds set at ease upon a subject that so nearly concerns every one of us. To the afflicted it must surely be a matter of no small consolation to know the cause of their diseases, and the means to be adopted for their cure; for the importance of a knowledge of the organisation of the human system in determining the location of disease and applying remedies to reach the focus of disorder cannot be overlooked.

Pain is in all cases the sign of disease. There is no more certain fact in physiology than that the nerves or organ life in a healthy condition are not susceptible of pain. They acquire a morbid sensibility of disease. When the forces are duly regulated agreeably to their principles, all the functions are carried on without our consciousness. We breathe, sleeping or waking, without effort or pain,

until some portion of the respirating system has lost something of its nervous influence or energy.

Now in disease each breath becomes a labour and a pang. In health the strong heart works on year after year, expanding and contracting its four receptacles, and pouring the tide of life through a thousand channels, and we are never conscious of the workings of this wonderful engine until its apparatus becomes impaired by disease through the loss of the nervous principle. So with the stomach, no healthy man is conscious of even having a stomach; the poor dyspeptic knows it to his sorrow. Cause and effect are too well adapted to each other to suppose that any natural function should be attended with pain in a healthy state of the system.

A pure nutrition is an indispensable condition of healthy development and action. No nervous system can retain its integrity when loaded down by the poisons of tobacco, alcohol, spices, and drugs. All such things destroy or impede the circulation or electric currents essential to the life and health of animal organisation. Happily, however, all these violations of natural laws, all the irregularities of the proper functions of life may be corrected readily by Massage and its twin sister Electricity. By their means the blood may be made to flow in healthy circulation throughout the system, receiving new power through Electricity or by the oxygen of the atmospheric air, or by the nervous forces being regularly kept in operation by means of the vivifying effects of our remedies properly applied to the general system or to the location of diseased structure.



CHAPTER II.

MASSAGE.



BEFORE entering into a descriptive account of Massage, it will be wise, perhaps, to hint that we depend in a large measure upon the *method* of manipulating the body, and that the *circulating medium* contributes in no small measure to our success in getting rid of disease. Owing to the peculiar mechanism, and the intimate relation it has with respiration and food, renders it necessary to give attention to the circulation of the blood.

The heart has two grand divisions: one division receives and gives our *arterial* or red blood; the other division receives and throws into the lungs *venous* or dark blood. The course of the arterial blood is exactly opposite to that of the venous; the former carries it to every part of the body, while the latter takes it back to the heart. A great number of diseases are brought about by derangement of the bowels, the liver, or the kidneys—the registers of the system. When there is such derangement, the blood becomes impure, and the system suffers in consequence. It would be manifestly unwise therefore to manipulate or rub the body *with* the arterial blood, because in so doing it would assist the blood to deposit

its impurity. But if the body is manipulated from the extremities towards the trunk—that is *with* the venous or used-up blood, there is every possibility of driving the impurity or disease back to those organs which, had they been healthy, would have cast off the impurity in the ordinary way and through the ordinary channels.

With this simple explanation, the reader will be better able to understand what follows.

Many people regard Massage and all that appertains to it with a good deal of suspicion, and not without reason. The difficulty is not that Massage fails to receive the credit to which it is entitled, but that it is employed in a number of cases for which it is essentially unsuited.

No discrimination is exercised, but its use is advocated for all sorts of chronic ailments, without giving sufficient instructions as to the method of manipulating the affected parts.

This is a grave mistake and is greatly to be deplored. The work, too, is often carried on by people who know nothing about Massage, and who have not even mastered its most elementary details, in many cases have not even seen a Masseur at work. The so-called Masseurs or Masseuses who go about the country armed with a certificate, which is simply a receipt for money paid, are an abomination, and have been the means of bringing a legitimate mode of treatment into disrepute. My object in presenting this little work to the public is to make known a system as simple as it is natural, with the hope that thousands of sufferers may be benefited thereby, and health restored to limbs that have long lost their natural functions.

As much misconception still exists on this subject, it may be as well to point out the differences between Massage

and the so-called Medical Rubbing. Massage, then, is a scientific method of treating disease by means of systematic manipulation. The individual muscles, or groups of muscles, are picked out or isolated and stimulated to contraction mechanically. The movements must be made in the direction of the muscle fibres, and the tips of the fingers must be carried along the interstitia, so as to promote the flow of lymph and increase tissue metamorphosis. In addition an attempt should be made to stimulate mechanically the various motor points, in order that the muscles may be made to contract by a stimulus conveyed along the nerves. The manipulations are carried out systematically, in definite order, and with a definite object. Now, in Medical Rubbing these conditions, which are essential to Massage, are considered to be of no importance, and the operator simply rubs or pummels the patient without any regard to the anatomical arrangements of the parts, and usually without any definite object. To perform Massage thoroughly, a fair knowledge of the method is essential, especially in severe and chronic cases, whilst for rubbing and shampooing, physical strength and endurance with a certain knack are all that is necessary. Shampooing is very useful in its way, but it is not Massage, and can never take the place of Massage. There is as much difference between Massage and Shampooing as there is between playing a difficult piece of music and striking the keyboard of the piano at random.

Then there are but few who can practice Massage, and then only after careful training? By no means. Massage is simple because it is natural. I believe the very best Masseur, or Masseuse, that the sufferer can have is the father, the wife, the brother, or the sister, or any dear friend who can and will enter into sympathy with the

sufferer's pain, and who is imbued with an earnest desire to get rid of that pain, because of the love he or she has for the sufferer. I ask the reader then to carefully follow the hints given here, and by God's blessing, the result will be what is desired, viz.:—the patient's restoration.

I will begin by saying that there are five movements or methods in Massage. They are known as I.—Effleurage. II.—Petrissage. III. — Friction. IV. — Topotement. V.—Direct Mechanical Stimulation. I will take each in their order and explain how to apply Massage to the affected parts systematically and efficiently.

I.—EFFLEURAGE.

EFFLEURAGE is a stroking movement made with the palm of the hand or the tips of the fingers. It is of little value in itself but produces good results when combined in various ways with the other procedures, to be presently described.

A great authority on Massage (Noström) says, concerning Effleurage, "The way is to begin at the extremity of the limb, and slide the hand gently upwards towards the trunk." Before the right hand has quite accomplished its movement the left comes into play, starting from the same point, the exact mode of procedure depending on the region subjected to treatment; for example, the palm of the hand could not be employed for the joints of the little finger. My readers who have watched me at my work on the patient will notice that I always begin by tapping the affected parts with my fingers, making rapid passes upwards towards the centre of the body. This I do to prepare the parts for the outward application, and to excite the circulation. Some authorities define the

rapidity with which the various strokes should be made. I must confess that this is a point on which I do not think it necessary, as a rule, to give directions. A certain amount of discretion must be left to the operator, and people vary much in their mode of work. Let care be taken that the patient is not frightened or hurt at the commencement ; this is all that is necessary.

II.—PETRISSAGE.

PETRISSAGE consists in picking up, as it were, a portion of the muscles or other tissue with the palm of the hand and subjecting it to firm pressure, rolling it at the same time between the fingers and the subjacent tissues. The hands must move simultaneously, and in opposite directions. The careful observer will have noticed in my work that while performing Petrissage my thumb and fingers are wide apart, and then closed together, with the palm of the hand taking up, while so doing, portions of the muscle. At this stage my movements over the body are rapid : while I am pinching, pressing, and rolling the affected parts my hands are passing upwards all the time towards the trunk of the body. Many Masseurs impress on their pupils the necessity for “working upstairs,” that is, from the extremities towards the centre of the body. The skin must move with the hands, or the operation is a painful one for the patient. It is also necessary that a liberal quantity of the outward application should be used.

III.—FRICTION.

This is the most essential part of Massage and consists in placing the palms of the hands, well saturated with the outward application, on the extremities and moving them

rapidly, from below, upwards. There is no necessity for very hard rubbing, but it must be done quickly and with considerable facility or it is valueless. Let me explain. Say the patient has rheumatism in the leg. Begin at the feet, making a cup of both hands, passing them swiftly in one movement up to the hip, continuing this for five minutes at least, until the muscles and tissues have become relaxed, and the patient finds the pain removed.

IV.—TOPOTEMENT.

This is a kind of tapping of the fingers, the palm of the hand, the back of the half-closed hand, or with the hand fixed so as to contain, when brought into contact with the surface of the body, a cushion of air. It is not only used as a stimulant, but as a sedative, and the effect produced depends entirely on the force and rapidity of the strokes. The movement should be made not from the shoulder, but from the wrist alone. The American Indians, who are great adepts at Massage, use a bundle of swans' feathers tightly tied together, while the Japanese use a wooden ball working in a socket, but I think for all practical purposes the hand is by far the best, as it contains more relative force and magnetism.

V.—DIRECT MECHANICAL STIMULATION.

In this particular movement I differ from all other Masseurs. Dr. Arvid Kellgren directs that the hands and fingers alone should be used. He says, "The manipulator causes the nerve to vibrate either by friction made transversely over it in a manner similar to that in which a player

passes over the strings of his harp, or he makes quick vibrations on the nerve. When the latter method is adopted he either follows its course with the tips of his fingers, or he keeps them fixed and vibrates upon those parts of it that are most painful. The different modes of proceeding depend on the position and surroundings of the nerve." Now this, I contend, we have already done. We have been tapping and vibrating in *Effleurage* and *Petrissage*, we indeed began by so doing—what we need now is to stimulate mechanically the affected parts, and my method is as follows: I take each joint separately, and by a quick movement bend that joint by carefully twisting, or pumping it up and down, or to and fro, according to the peculiarity of the disease, and the result of my so doing has been most marvellous. Men and women whose joints have been stiffened for years by Rheumatism, Sprains, or local formation, have found, by frequently practising *Massage*, and especially this form of mechanical stimulation, their limbs completely restored to them, and they have gone forth proclaiming the curative powers of *Massage*, and very often attributing a miraculous power to the application used or to the *Masseur* who performed upon them.

It is always necessary to give the operator clear and explicit directions as to the methods to be employed, and it is never safe to trust to his unaided judgment. I have, therefore, briefly and simply described the way and method of working, so that the *Masseur* or *Masseuse* can carry out his or her self-imposed task with as much accuracy as the skilled Pharmacist dispenses prescriptions.

During the operation it is advisable not to talk to the patient, or to allow the patient to talk, because it will mar the good effect of the work done. It is impossible to

manipulate well and thoroughly, and be trying at the same time to amuse the patient. Not only does the Masseur become exhausted, but the patient, instead of feeling refreshed by the rubbing, becomes exhausted also.

Another thing, it is imperative that the patient should be made thoroughly warm and kept at rest for at least half-an-hour after every form of Massage, whether local or general.





CHAPTER III.

ASTHMA AND BRONCHITIS.



HAVE described in the previous chapter the way to manipulate the body, let me now take the various diseases. First, as to the external application. There are many special preparations recommended such as "Lanoline Cream," Carbolic Acid, Oil of Cloves, Lard, or some antiseptic preparation. But after a long experience using Oils, Ointments, etc., I have found that a combination of Resins, Gums, and one or two Essential Oils, is without doubt the very best, cleanest and most curative preparation, as it seems to enter well and quickly into the pores of the skin, and assists materially in getting rid of the immediate cause of the complaint or the disease. This preparation is put up and sold by me as a patent and registered Remedy, and called "The Master Masseuse's Unguent."

I use it and recommend its use outwardly for all forms of disease, chronic and acute, and especially for Pulmonary diseases, Consumption, Asthma, Bronchitis, Liver and Kidney complaints, Rheumatism, Gout, Lumbago, Sciatica, Neuralgias; in all forms of Deafness, Ophthalmic diseases, Sprains, Wounds, Ulcers, Putrid Sores, Piles, and indeed as an outward application for all diseases

which depend upon a morbid increase of blood to any particular part of the body, and where Massage is necessary.

So armed with this preparation, we will begin with Asthma and Bronchitis.

Diseases of the Bronchi and Lungs have always been prevalent in these islands, more so indeed than in any other country. The ever-varying climate and continual recurring atmospheric changes have exerted a destructive influence on the respiratory organs. Whoever were the people or race that occupied Great Britain, chest complaints invariably constituted the most distressing and fatal of all other diseases.

Asthma has been divided into two forms—humoral and spasmodic. Both, however, are the same, originating from the same cause, but producing different symptoms according to the structure of the chest. The immediate cause of Asthma is weakness of the air-passages. The Bronchial tubes are relaxed, and consequently secrete a superabundant quantity of mucus which by clogging up these passages, causes the breathing to become impeded, whence arises the wheezing cough and choking sensation so peculiar to this complaint.

Bronchitis differs from Asthma in that it is a catarrh in an advanced stage. It is attended with a cough which is dry and hard, giving rise to acute pain in the chest. The phlegm is viscid, of a whitish-brown colour, and is expectorated with great difficulty.

There is severe pain attended with oppression and sense of constriction at the chest. The cough in both complaints is an effort of nature to expel the mucus which clogs the air-passages, thereby freeing the bronchial tubes and giving relief for the time being. If Asthma and Bronchitis are allowed to proceed every subsequent paroxysm generally increases in violence,

arising from the air-passages becoming more and more relaxed from each attack, until at length the patient may die of suffocation from the accumulated mucus.

Now I am prepared to state from a long practical experience with these diseases, that they can be perfectly cured by Massage, if the rules here laid down are followed to the letter.

In these diseases the method of applying Massage to the region of the Bronchial tubes and lungs will be as follows:—The patient faces the Masseur with the chest exposed and the head thrown back so as to extend the parts. He must breathe naturally and easily, or he will impede the venous circulation and defeat the aim of the operator. The preliminaries being arranged, the manipulations (which may be divided into three stages) are commenced: in the first place the operator will tap gently, but rapidly, the whole of the regions of the bronchial tubes and lungs, back and front, with the tips of his fingers, or with the palm of his hands, and quickly pinch and press the tissue. Having done this, his next movement will be to saturate the chest and back between the shoulder-blades with the Unguent and commence rubbing, gently at first, but increasing speed as he proceeds. This must be kept up for at least fifteen minutes, liberally using the Unguent, and performing the various movements described in the preceding chapter.

By this time the patient will be able to breathe freely, and marked benefit will be experienced by even the first treatment. It is the proper thing for the patient, immediately after applying Massage, indeed it may be said to be part of it for this particular form of complaint, to extend the hands and arms, and swing them back and front up and down several times as in dumb-bell exercise. This

Massage and method of rubbing must be continued once every day for a month, and if the internal medicine, which will be presently recommended, be taken, a thorough and permanent cure will be effected. I have seen the most obstinate cases of Asthma and Bronchitis of twenty, thirty, and even more years' standing, completely and permanently eradicated from the system in a few weeks by the treatment I have here prescribed. The description given may seem a little complex, perhaps, but the movements are in reality simple enough.





CHAPTER IV.

CONSUMPTION.



ULMONARY Consumption is generally considered as one of the most fatal diseases known, and has been aptly termed the opprobrium of the faculty. In Europe it carries off one-sixth of the inhabitants, and appears to be equally, if not more, fatal in America. It is heartrending to reflect that in spite of our boasted knowledge, and in spite of all the faculties we possess—the improvement of science and the collèges where men are trained exclusively to the healing art—more than sixty thousand of our fellow-creatures die annually from this disease alone. It is undoubtedly one of the most difficult diseases to cure. But let us ask ourselves first what the cause of this fearful mortality is, for all effects must have their causes; and having ascertained the cause, let us go quietly to do whatever lies in our power to mitigate it.

Dr. John Skelton, Senior, says:—In endeavouring to unravel the apparent mystery connected with this disease, it will be necessary to examine into the structure and functions of the organ diseased, and however much we may be inclined to speculate upon subjects with which we are not thoroughly acquainted, one thing is certain, and

that is that truth, when clearly manifested, is so simple, that there cannot longer be two opinions upon it. Without the lungs there can be no life, and unless they are capable of performing their functions agreeably with the natural requirements of the body, there can be no such thing as health. Consumption is simply a diseased condition of the lungs, and what the body is with a diseased stomach, or incapacity to digest the food, the lungs are in regard to the air. If we were to call consumption a scrofula of the lungs, and seek for its causes in the same way as we do for that disease, we should find it to be of the same type. This terrible disease, then, is in every respect a scrofula, and the means which will prevent and cure the one, will, to a very great extent, prevent the other; and the sole reason why it proves so fatal is, because it has not yet been properly understood; and common sense should tell us that we have no right to hope for success until we are properly acquainted with the nature of the work we undertake to do.

The lungs fill up the whole cavity of the chest, and are the agents of respiration, or the means by which we keep up a free circulation of the blood; and so necessary are they to health, that anything which reduces the power of breathing is certain to induce disease and destroy life. It is no uncommon thing for death to take place by choking (asphyxia); this may arise from the food sticking in the gullet, inducing pressure on the windpipe (trachea), and obstructing the passage of the air, or it may arise from many other causes.

But we have said consumption is simply scrofula, seated in the lungs; and this we think will not be disputed when we fairly examine it. What, then, are the causes of scrofula? "The blood is the agent of life, and

because an obstruction has taken place in a particular part of the body, the whole system is disarranged, and the part itself, for want of natural heat or vitality of the blood, dies. There is death in the part ; we see it decay ; suppuration carries off the offending matter ; nature rids itself of the evil ; the body re-acts and obtains its healthy state again." Now, why is it that this re-action is not so frequently manifested in the lungs ? or, in other words, why does the disease prove more fatal when seated there than in the hip joint (sciatica), or in the knee (white swelling), or in the glands of the neck (the king's evil) ? It is simply because the organ in which it is located has its immediate control over the whole vital force, and anything which abstracts from the power of the lungs, abstracts equally from the power of the whole body. This is evident, for when we consider that the lungs of a healthy person receive from 3,000 to 4,000 gallons of atmospheric air daily, and that this quantity is absolutely necessary to the support of healthy life, the supreme influence of the lungs must be manifest to all. A little knowledge on this important fact will enable us to understand our subject. It is through breathing impure air, drinking bad water, &c., that fever, diarrhœa, cholera, and other forms of disease arise. The poisonous matter contained in the air passes into the lungs, inoculates the circulating system, and the secret of its development, degree, and attack, lies in the quantity breathed, and the condition of the body or bodies receiving it. Thus a strong man will throw off or discharge an impurity more than sufficient to kill a weaker one, by the same law as that which enables a strong body to throw off the blow which produces inflammation, mortification, and death, in a weaker one. It will thus be seen that whatever vitiates

or obstructs the circulation of the blood, necessarily leads to disease, and that disease is simply an effort of nature to rid itself of a burden or incumbrance.

The blood, when vitiated or corrupted, is more likely to settle in the lungs than in any other part, because the soft spongy material of which they are composed, and from the part in the economy of life which they are called upon to perform. Every drop of blood that circulates through the body before it is fitted to sustain life or give strength and vigour, must pass through the lungs, where it is brought into contact with the oxygen of the air, upon which the life of every creature depends; and when we remember this, and at the same time reflect upon the many sources existing which continually vitiate the qualities of the air we breathe, and how little attention is paid to the subject by even the greatest minds, we shall cease to wonder why consumption commits such dreadful ravages in society.

Whatever then vitiates the blood, or obstructs it in any way, predisposes the body to consumption; cold, therefore, is likely, if not removed, to lead to it; indeed, it often settles upon the lungs, hence the foundation of consumption is frequently laid through inflammation in infancy. In addition to this, it is often an hereditary disease, transmitted through the parents; but workers in ill-ventilated factories, iron-foundries, stone-cutters, knife-grinders, tailors, weavers, shoemakers, dressmakers, milliners, miners, and people of sedentary habits, generally suffer most from it. There are now two questions that most forcibly strike us; the first is—has society no power to change the circumstances out of which the evil arises? and the second is—are there no remedial means in nature by which the disease can be cured?

To the first we reply by saying, men are the controllers of their destinies ; and whilst health is determined by the knowledge and application of the natural laws upon the one hand, ignorance of these laws create or determine the other ; hence consumption, like every other physical evil, feeds upon the cause engendered by ignorance and will diminish or cease in proportion as ignorance is removed.

In regard to the second, we say most decidedly there are remedial agents in nature, but their application depends upon the conditions. Nature never deceives us ; nor should those deceive who seek to expound her truths. We therefore say to all who suffer from this disease that the first successful step towards the application of a remedy lies in the removal of the cause. Thus, how many thousands have sought our advice and assistance whose sole dependence lay in certain injurious employments ; true, we have succeeded in curing them, but they have been compelled to return to the same employment, again and again to finally leave it and sink into the grave, because there were no means of obtaining bread but by this sacrifice. Once again, then, we say, and that in perfect sincerity, that the man who holds out hopes to the sick which cannot be realized, who professes to cure disease engendered by physical violations, is both an enemy to the cause of truth and to society at large. Life is a precious jewel, for which a man will sacrifice all that he possesses ; and what right has he to the name of physician who, careless of nature's holiest gift, trifles with the lives of his fellow-creatures for the sake of pelf.

We here assert, then, that consumption is curable in the majority of cases if it be wisely and carefully treated, and that it can not only be cured where it has fairly

developed itself, but often prevented from developing itself at all, if properly managed. Let it be remembered that Massage is nature's cleanser and purifier, and that Electricity is nature's vivifier and vitalizer. These are the agents to be employed. Consumption generally commences with a dry, sharp cough, which may be considered as intermittent; that is, as being troublesome at intervals. This goes on increasing, until tightness and soreness of the chest is felt, from whence it passes on to flushings of the cheeks and feverishness, which sometimes last for a considerable length of time without producing much uneasiness; by-and-by cold sweats come on during the night, the cough increases, with a slight discharge of white frothy matter. There is now a feeling of languor, which, gradually progressing, a thick greenish purulent matter, sometimes streaked with blood, is seen, debility and languor increase, acute pains are now felt in the chest and sides, the eyes fall in, discharge of matter increases, and in this condition the patient gradually declines, or passes away from life.

That legitimate medicine possesses but little power over consumption is evident from the fact of its having given place to the new-fashioned ones of *cod-liver oil*, *phosphorus*, *raw beef*, *brandy*, *etc.* Even these, however, are acknowledged to be delusions by many eminent practitioners, and are giving way in their turn to other preparations. Experience has taught us that the disease is curable, and we feel justified in saying that four out of every six, if properly treated, will recover. There is, however, in most a tenderness and deficiency of respiration or vital power which require care even after the cure is performed.

The first stage of the disease—that is, when the cough

first presents itself—is when the lungs are inflammatory or in tubercular state. In the cure of this our object should be to absorb the tubercles. By tubercles we mean little knots of hard chalk-like substances found in the lungs. These sometimes remain for years without ulcerating at all; they are quite common, and many have them who never die of consumption. In the stage just mentioned, then—that is, the tubercular—we have to remember this one truth, that the loss of heat or vital power in the body is the cause of the tubercles, and that the way to remove them is to remove the causes by applying the system of Massage.

We unhesitatingly recommend our *Vivi* as an internal medicine. It should be taken for this disease in tea-spoonful doses morning and evening, according to the directions on the bottle, and the Unguent should be freely applied over the whole region of the lungs twice a day. Massage should be continued for at least twenty minutes, care being taken not to exhaust the patient by hard rubbing. The better plan is, after carefully tapping the neck, breast, and back between the shoulder-blades, to place the middle finger of each hand under the armpits, and bringing the thumbs to the neck, rub downward towards the kidneys. In this way the manipulation will describe semicircles over the whole region of the affected parts, and give incalculable relief to the sufferer.



CHAPTER V.

RHEUMATISM, GOUT, LUMBAGO, SCIA- TICA, ETC.



HERE are two forms of Rheumatism, acute and chronic. There is, however, no difference in their nature only in their duration. Both are the outcome of Debility in a very marked manner; for even when pain is not present, the affected joints are debilitated to such a degree as to resemble a stroke of palsy. When a treatment is adopted in accordance with the real nature of this disease, it is not at all difficult to eradicate it, although medical men have made it appear so from their absurd mode of treating it. The cure consists in cleansing the system of the offending matter, and in restoring the depressed nervous and muscular energy.

Rheumatism is immediately caused by an excess of peculiar acids in the blood. Urea is being constantly formed in the system, and, in a healthy state, it is eliminated through the pores of the skin and the ordinary channels. If there is an imperfect elimination there becomes a consequent excess, and this excess deposits itself generally in the weakest part of the body, where the circulation is weakest.

No one who has suffered from this ailment needs to be told what a painful and crippling thing it is. In treating it we must bear in mind that Rheumatism is an inflammation of the joints and muscles, caused by a deposit in them of a poison from the blood. You know that in a crooked river or stream the loose stuff that floats on the water is always apt to lodge in the bends and eddies where the current is slow. It is the same way in this case. The blood flows much slower in the joints and muscles than it does elsewhere in the body; and so the floating acid poison settles there, and causes rheumatism, or gout—for the two are very much alike and spring from the same source.

It was once thought that damp, worry, anxiety, etc., were among the causes of Rheumatism, but this has been found to be a mistake. These things often *develop* the disease as they develop the symptoms of mercurial and lead poisoning; but the poison is *already in the tissues*, and although damp and wet and worry, by hindering the action of the skin, liver, or kidneys, may bring it out, they are never the cause of it.

It follows that in the beginning Rheumatism is only due to Indigestion and Dyspepsia, for if the stomach and other organs did their duty, there would never be any poison in the blood to sow the seeds of Rheumatism. The mode of cure is then easy to see. We must cure the Indigestion and Dyspepsia first, and thus get rid of the primary cause of our Rheumatic aches, pains, and stiffness.

In Rheumatism and Rheumatic affections Massage has long enjoyed a high reputation. It is efficacious in both articular and muscular forms. The most chronic cases can be cured permanently and thoroughly by our system.

My method is to strip the patient and begin by gently tapping the affected parts from the extremities to the centre of the body. I then pinch and press the muscular tissue and the muscle fibres with my fingers and thumbs and the palms of my hands. I then anoint the body with the Unguent and rub swiftly, but lightly, always from the extremities to the centre of the body. I continue this rubbing for ten minutes at least, then with my thumbs I press the direct seat of the pain, describing circles and pushing upwardly until the pain has left the patient. This it will do in a few minutes. If there is any stiffness in the joints I work the member to and fro and round about, until it is relaxed. I go on with this species of pumping until I find perfect suppleness in the limbs. It may require several weeks' Massage before perfect restoration comes, but there is no doubt that the first application will give relief.

LUMBAGO.

Lumbago is a common painful affection of the muscles of the loins, and may be, indeed often is, cured by a single Masséeing. Pinching, kneading, and rubbing round the loins and of the region of the kidneys are required. The manipulation must be continued until all pain has subsided. This it will do with half-an-hour's rubbing.

RHEUMATIC GOUT.

Massage is of value in the complaint which is commonly called Rheumatic Gout, but which has been more accurately named Rheumatoid Arthritis. The difficulty which has always been experienced in effecting even an improvement in this obstinate disease by medicinal means

is only too well known. It may take a longer time to effect a cure, but if the treatment prescribed above be persevered in there can be no doubt as to the ultimate recovery of the sufferer.

SCIATICA AND CRURAL NEURALGIA.

The same may be said of these two forms of Rheumatism. The most wonderful results accrue from Massage. These forms of disease are said to be Neuralgic, but Gout and Rheumatism are unquestionably common factors in their condition.

The Sciatic nerve is the largest nervous cord in the body, and supplies nearly the whole of the integument of the leg, the muscles of the back of the thigh, and those of the leg and foot, it also supplies the hip joint. The Crural nerve supplies the muscles on the front of the thigh, sends cutaneous filaments to the front and inner side of the thigh, and to the leg and foot, and articular branches of the knee. I mention these facts because medical men have distinguished between Sciatica and Crural Neuralgia, but my experience goes to prove that both diseases or forms of Neuralgia are so similar in their treatment that for purposes of Massage it is unnecessary to particularise them.

The causes which produce Sciatica and Crural Neuralgia are exposure to cold and damp, sitting on wet seats, lying on damp ground, etc., especially when the registers of the system are out of gear.

Let the joints be well rubbed, and the leg, from the knee to the hip joint, be worked up and down, and rubbed in the region of the Sciatic nerve from the knee upwardly towards the kidneys.

Let me here advise the sufferers in all forms of Rheu-

matism never to incarcerate either muscles or joints. If they are kept in a fixed position for any length of time they become stiffened from mere restraint of function, and by their disuse they will in a short time be immovable. Give your muscles liberty of action as far as is reasonable and compatible with rest; and in all cases of joint disease, whether it be Stiff Joints, Rheumatic or Gouty Joints, let your great consideration be restoration of their natural functions.

Lastly, do not forget that Massage in all Rheumatic and Gouty affections is of the utmost value, whether they be of muscles or of joints; and if it be adopted, as it should be at an early stage, much misery and pain will be averted, and many a useless limb will be made whole and sound.





CHAPTER VI.

PALSY, PARALYSIS—INFANTILE AND PARTIAL.



PALSY or Paralysis consists in the complete or partial loss of power and sensibility in some portion of the body. Most commonly one side of the body is attacked, constituting the condition known as Hemiplegia. In other cases only the upper or lower extremities are paralysed, the state of the patient being then known as Paraplegia. The attack is generally sudden. Occasionally the disease comes on gradually, without the patient being aware of any special attack, and becomes worse by degrees. In this variety, which is known as Shaking Palsy, the patient retains the power of moving his limbs, but their action becomes irregular. Thus his gait becomes unsteady, sometimes rapid, almost amounting to a run, and again coming to a stop.

Palsy is amenable to Massage. If the complaint has been of long duration it will perhaps be a length of time before the affected parts resume their proper functions, hence the necessity of persevering with the system. That Massage will ultimately cure the most obstinate cases there can be no shadow of doubt.

INFANTILE PARALYSIS.

This terrible affliction is perhaps the most distressing of all diseases, because it comes to the young and blooming, to the bright little flower of the hearth, and bring sorrow and trouble to the dear parents, and often a life-long helplessness to the sufferer.

A bright, happy, intelligent child is put to bed one night, with no indication of illness, or at most suffering from some slight ailment, and in the morning wakes up paralysed and a cripple. The dear one who, but yesterday, could jump about and dance with the best, is now tied to the couch a helpless invalid. The legs are deadly cold, with little life or circulation in them. The child tries to move, but his best efforts are in vain; he has no more control over those palsied limbs than if they belonged to an inanimate object. The physician is sent for. He applies his electrical tests, and points out that both nerves and muscles refuse to act. He comes day by day, testing and watching, seemingly hopeless to restore the dear one, until, at the end of the week, he announces the terrible fact that the use of the limbs are gone, perhaps never to return.

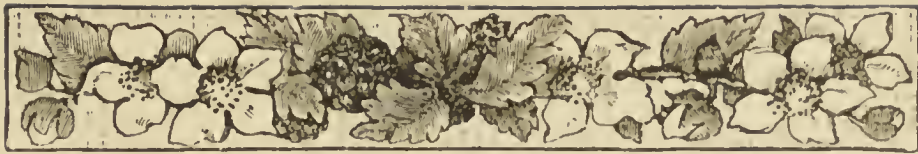
Now Massage has very often been the means of restoring to health and strength, and free locomotion has been given to limbs that have long lost their wonted use. The most hopeless cases, and the most helpless invalids may, by carefully following out the directions here given, have again that health and strength which is the inalienable right of every man and woman. The outlook may be bad, and the ultimate chances of recovery may appear to be small, but persevere, have recourse to our special mode of treatment, and, with God's blessing, perfect recovery will be the result.

As we have seen, the legs, or at all events, the affected members, are always cold, and the muscles re-act but

feebly to the electrical current. By systematic Massage an improvement is speedily effected. We commence by a gentle stroking movement upwards from the extremities to the centre of the body with the palms of the hands, then we pinch and pick up the muscles and muscular tissue with both hands, and subject them to firm pressure, rolling them at the same time between the fingers and the subjacent tissues. This is called, as we have shown in a former chapter, *Effleurage* and *Petrissage*. We then rub lightly, but firmly, with the palms of both hands along the whole of the extremities, rubbing always upwards, and using the *Unguent* liberally : this is continued for from twenty to thirty minutes each time. If the child is weak the sittings should be at first of short duration, and frequently repeated, say three or four times a day, but in chronic cases twice a day will suffice.

Now the result of this treatment will soon be apparent. The first effect noticed is that the limbs become much warmer, and this is not temporary, but lasts some hours. Then it is seen that the susceptibility of the muscles is greatly increased, so that they contract at once, after a few minutes' Massage, to a stimulus which would otherwise exert not the slightest effect. It may seem almost incredulous that a perfect restoration to health could be brought about by such simple means ; but I have had a large number of cases of infantile paralysis under my observation during the last few years, and in every instance in which the treatment was carried out actively and systematically, the best results were obtained. Many of them from being helpless invalids have, under the treatment prescribed in these pages, grown into bright, happy, active children.

The same system might be adopted in cases of partial Paralysis in adults who have passed mature age.



CHAPTER VII.

DISEASES OF THE HEAD.



It will be as well to state at the commencement of this chapter that Massage of the head and neck is one of the most, if not the most, valuable therapeutic agents at our command. Headache, Giddiness, Inveterate Neuralgia, Singing Noises in the Ears, Deafness, many forms of Disease of the Eye, Swollen Glands, etc., are amenable to Massage.

It is my purpose to devote this chapter to the commonest forms of complaints of the nerves and organs of the head, and show how readily relief, and indeed cures, can be effected by this treatment.

NEURALGIA.

This complaint is sometimes called "Nerve Pain." It is closely allied to Rheumatism. It may affect any part of the body, and according to its situation so it receives a different name. Thus when Neuralgia is confined to one side of the head and face, it is termed "Hemicrania;" if it is in the face generally it is termed "Tic Doloureux;"

Neuralgia of the Sciatic nerve “*Sciatica*,” and so on; but as we have treated on these forms in other parts of this work, we will confine our remarks to Neuralgia of the face alone.

The causes which produce this complaint are—general debility, mental shock, a naturally nervous temperament, pregnancy, irritation of the nerve-root or one of its branches, cold, disorder of the stomach, bowels, or kidneys. The pains come on at intervals, and may abate for days, or even months, and then return with tenfold fury.

Sometimes Neuralgia is caused by decayed teeth. I have known cases where the irritation has so excited the dental branches of the facial nerves through decayed teeth, that part of the hair of the head has become grey in consequence. The removal of the teeth for severe Neuralgias of the face, and even for blindness, has been known to cure the disease. But Massage is by far the best, and I strongly recommend it.

Let the whole of the facial nerves be tapped and rubbed at least once or twice a day. Commence with the forehead, tapping and rubbing towards the ears with both hands; then treat the nostrils in like manner: the back of the head and the neck should then be rubbed for twenty minutes.

DISEASES OF THE EYE.

It may appear strange to my readers, and some medical men who have not given this subject their particular study may deride the statement I here make, that many forms of disease of the eyes are due to some functional derangement of the spine. I always recommend, in diseases of the eyes of all kinds, Massage along the whole length of

the spine. Of course many complaints of the eye are due to some chronic change caused perhaps by Gout or Syphilis; but the majority are functional, and arise from some cause outside of themselves. They are more readily relieved by Massage than by any other mode of treatment.

There are many forms of disease of the eye; for instance—decrease of the range of vision, short-sightedness (myopia); decrease of the acuteness of vision (amphyopia); decrease of the endurance of vision (asthenopia); inflammation of the eye, cataract, etc. In many of these the causation is curvature of the spine, or a tendency in that direction. Especially is this the case in children suffering from the eyes while at school. I have often said to parents who have brought their children to me with bad eyes, after carefully examining them, “There is nothing the matter with the eyes; the child’s spine is deranged.” They have been surprised at this, and still more when they, having followed my directions, have rubbed the vertebræ and got rid of their visual defects.

Then let the spine be carefully rubbed downwards with the Unguent in all affections of the eyes. Place the patient in a horizontal position face downwards, and begin by tapping; then by a quick stroking movement let the two forefingers pass from the nape of the neck down either side of the vertebræ. Let this be done for five minutes each day. Then turn the patient over, face upwards, and for another five minutes manipulate the eyeballs with the two thumbs. Care must be taken to place the thumb exactly in the middle of the lid, and not to touch the eyelashes. Considerable friction and even pressure can be applied when required. If a little tact

is used, this process will neither be irritating nor painful. If the pressure is slowly and gradually applied, a good effect will be produced. One month of such treatment will effectually get rid of many forms of disease of the eyes. I have treated Cataract, Amaurosis, Keratitis, and even Corneal Ulcers in this way with most signal results.

DEAFNESS.

This is a large subject, and I can touch but lightly upon it. I must first of all deprecate the cruel, and, to me, absurd methods adopted by many specialists, of probing the ears and nostrils with instruments, often causing thereby untold injury to these delicate and important organs. It should never be forgotten that all work done below the surface of the body—that the moment it is thought necessary to resort to probing, the work is no longer based upon sure foundations, the whole business becomes mere conjecture, guess work.

Another silly custom maintains with many people, and has caused a great deal of deafness—that is, of washing the top of the head every day. Now the top of the head should not be washed oftener than once a month, and then only in tepid water at about the same temperature as the blood. The scalp and the hair can be kept perfectly clean at all times by well brushing and combing, and seeing that the combs and brushes are kept constantly clean.

There are many forms of deafness afflicting the human family, one of the most distressing being *Aural Vertigo* (Menière's Disease it is called by the faculty). It is usually caused by some derangement of the auditory nerve, and it is invariably associated with giddiness, sometimes

slight, sometimes severe. Oftentimes there is intellectual confusion, accompanied by a distinct sense of nausea. Then we have what is known as Nervous Deafness, which is sometimes one-sided, sometimes both ears are affected. Again there is Throat Deafness, and a peculiar complaint known among medical men as Tinnitus. This last is certainly the most deplorable, as many people have been driven mad by it. It is accompanied by noises in the ears, sometimes slight, at others persistent, distressing, harassing. These noises are of the most varying characters, resembling church-bells, the wash of the waves upon the sea-shore, or the hissing of steam. This particular form of Deafness is undoubtedly indicative of functional nerve trouble and nervous exhaustion, brought about perhaps by shock to the nervous centres, or overwork, worry, or profound and intense anxiety.

In these forms of Deafness it will be well to apply Massage in the following way: Place the patient in an upright position, and commence by tapping with the tips of the fingers all round the region of the ear, especially at the back. Rub well immediately behind the ears, and devote at least ten minutes at each sitting to gently forcing the air into the ear-cavity. This can be done easily by forming the palm of the hand into a cup, and boxing the ears, opening the palm as it comes in contact with the lobes of the ears; thus a cushion of air is made, and, passing into the ears will be found very beneficial.

In Throat Deafness—another form of this distressing complaint—the patient should lie on his back, and the Masseuse, in addition to the above treatment, should manipulate the larynx (Adam's Apple it is vulgarly termed). Place the thumbs carefully and firmly on the lower part of the larynx, and ask the patient to swallow.

Of course, in the act of swallowing, the larynx is raised, the thumbs will follow the larynx as it ascends, and when it can go no higher, fix it in this position, and again request the patient to make every effort to swallow. By these means the Eustachian tube is frequently cleared of its contents, and the hearing is greatly improved even by the first manipulations.

FACIAL PARALYSIS.

Facial Paralysis readily yields also to Massage. It is painless, speedy, and agreeable. Spasms of the facial nerve when not due to organic disease or habit spasm, are very troublesome conditions, and do not, as a rule, yield to ordinary forms of treatment. They are cured by Massage to the head, neck, and spine.





CHAPTER VIII.

PLEURISY AND PLEURODYNIA, OR FALSE PLEURISY.

PLEURISY is an inflammation of the thin covering which envelops the lungs and lines the inside of the chest. It is caused by exposure to cold and damp, especially in persons of unhealthy constitution. People of rheumatic tendency are liable to this complaint. It is sometimes caused by external injury, fracture of the ribs, inflammation of the lungs extending to the pleura, and also from fevers.

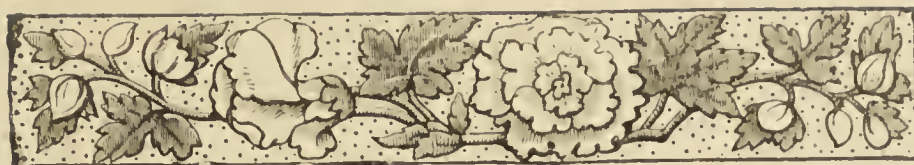
The disease usually comes on with shivering, followed by high fever, and sharp pains in the side, radiating from thence to the collar-bone. There is sometimes a hard, dry cough, which increases the side pains, and deep breathing, especially as the patient lies on the affected side. Now the patient should have complete rest while suffering from Pleurisy, and remain in one room, with a temperature of about 60 degrees, and only light food should be taken. Then let a course of Massage be undergone. Rub gently over the region of pain, describing circles, and bringing the hand gradually down, and round

to the small of the back. By this treatment it will be found that the acute pain and difficulty of breathing will subside about the second and third days, as also the pain, though the local inflammation may go on for about a week. If our rules are followed up faithfully there will be a perfect and complete cure in one week. The advantage, too, of Massage over other medical treatments in this disease is that it prevents the formation of fluid in the pleura, which is often dangerous, as it presses on the lungs or heart, and interferes with their functions.

FALSE PLEURISY.

There is a pain sometimes to be found in the walls of the chest, which have no connection with either the lungs or their covering. This is called False Pleurisy. It may be of rheumatic origin, or muscular only. Whatever the cause, one or two applications of Unguent will effectually remove it.





CHAPTER IX.

COMMON COLDS AND INFLUENZA.



N insidious and dread malady has within the last few years visited and devastated so many families in the United Kingdom and elsewhere, that no apology is needed in introducing it here, especially as the knowledge that Massage and our system of cure can conquer it in a few hours.

Within a few months, the death rate of large English towns increased from an average of 20 deaths among 1,000 living people up to 30 and 40 per 1,000, and this increase has been uniformly attributed to the existence of an epidemic disease, which is not very fatal in itself, but has a very bad effect on other diseases, especially those affecting the lungs.

Many common "colds" have of course latterly been dignified with the fashionable title of Influenza, and it is necessary for us to guard against this error. Common colds which are not due to the same cause as Epidemic Influenza begin with shivering, pain in the throat on swallowing, headache, pains in the limbs, fluid discharge from the eyes and nose, and a dry skin. These conditions last about a day, and are then followed by sweating of the skin, slight cough with expectorations of a

little phlegm. After three or four days, all the symptoms subside, leaving the patient very weak considering the short duration of the illness.

INFLUENZA.

This name was given in the seventeenth century, from the belief that the disease was due to some "influence" of the stars.

The invasion of the disease is shown by a feeling of chilliness, followed by a sense of feeling ill and vomiting, a person may be perfectly well in the morning, and by mid-day be down with the malady, its invasion being sudden and grip tight.

The most characteristic symptoms are :

1. FEVER, the thermometer raising 4 or 5 Fahr.
2. PAINS in the head, back and limbs. The headache is usually confined to the front and to the eyeballs.
3. PROSTRATION, the patient feels tired, heavy and sleepy, and disinclined for exertion of any sort.
4. DEBILITY lasting for some days or weeks is a common sequel of the disease.

Besides the above "essential" symptoms, there are others worthy of note, viz. :—

(a). Cough, which is sudden, violent and harsh and accompanied with expectorations.

(b). A sense of soreness in the chest.

(c). The skin is dry at the onset, but very moist afterwards.

(d). The tongue is white, the appetite is lost, and there is great thirst.

Sneezing and "running" of water from the eyes are only rarely present in Influenza, though during the existence of a "feverish cold" they are most characteristic.

The above symptoms usually last two days, the worst is over by the third day, the fever disappears on the fifth day, and the sufferer is convalescent but extremely weak.

COMPLICATIONS.

The complications which are most apt to ensue on an attack of Influenza are Bronchitis and Inflammation of the lungs.

These conditions though very common, are usually due to exposure to chills in the early stages of the disease, the patient hopes he has but an ordinary cold, keeps his appointments, and exposes himself to the cold or wet. It is those complications of Influenza which make it dangerous, and at times fatal.

CAUSE OF INFLUENZA.

These depend largely upon the condition of the patient. Whatever tends to depress the general health favours an attack of Influenza, by preparing a soil favourable to the development of the "baccillus" or "germ," upon which the disease depends. Hence the following circumstances may be set down as partial causes of the disease.

1. *Bad Air*.—People who sit in rooms during the day with windows closed, and sleep in rooms into which fresh air rarely comes, are more liable to be attacked than those whose windows are open day and night.

All badly ventilated public buildings, whether theatres, chapels, public libraries, etc., are centres of infection for this complaint, hence the necessity of flushing such places with fresh air before and after they have been

54 *Massage : a Treatise on Disease and its Cure.*

used, and expelling the air made unfit for breathing by the public.

2. *Fatigue*.—This is an important factor in the causation of many diseases, and Influenza is no exception. *Overwork*, worry and anxiety by depressing the vitality, make the body a comfortable home for the Influenza germ.

PREVENTION OF INFLUENZA.

This may be summed up in the common rules :—

1. Live day and night in the fresh air.
2. Take moderate exercise in the fresh air.
3. Keep the skin clean.
4. Avoid fatigue.

TREATMENT.

Tap and rub the bridge of the nose, first applying the Unguent. Then let the throat be well saturated with same, rubbing in the region of the bronchial tubes for at least fifteen minutes, rubbing downward towards the trunk of the body all the time—a quarter of an hour a day could be also advantageously employed in rubbing the whole length of the spine, and especially over the region of the kidneys. During the prevalence of Influenza, and especially during the last visitation, I had a very large number of patients under my treatment. Not only did I not lose one by death, but I was most successful in conquering the epidemic, even when it showed itself in its most virulent form, and with all the complications named above. My treatment was exactly as I have here described. Bind a piece of flannel round the throat. The patient should either go to bed after the rubbing, or

remain in one room, which should be large, well ventilated, and kept at an uniform temperature.

THE AFTER RESULTS OF INFLUENZA.

It is very common for me to have a number of people coming to me for advice, and complaining of lassitude and extreme weakness. Upon enquiry I find that they have had an attack, more or less severe, of Influenza. Since that time they have suffered from extreme debility in some form or other. Every organ of the body seems to be more or less out of joint, and from sturdy strong men and women they have developed into weak and puling invalids.

To all such I invariably recommend Massage down the whole length of the spine, and round the top of the stomach. If the bronchial tubes are affected let the same treatment be adopted as recommended in Asthma. Devote twenty minutes daily to the work, and, if needs be, continue the same for one month or six weeks. By this treatment, the after results of this insidious malady will be effectually and infallibly cured.





CHAPTER X.

SCROFULA, ABSCESSSES, BOILS, AND ERUPTIONS OF THE SKIN.



SCROFULA, or “King’s Evil” as it is sometimes termed, is a disease often attacking children in many different forms. It is frequently inherited from parents whose constitutions have been impaired by scurvy, debauchery, misery, mercury, and other similar causes. Indeed, children born from parents with diseased constitutions, must sooner or later become the victims of some of the many forms of Scrofula, such as Rickets, Herpes, Spinal distortions, Scald Head, Cancer, etc. The loathsome disease we read so frequently about in Scripture—Leprosy, is another aggravated form of Scrofula.

Scrofula may be produced by living in dark dreary abodes, feeding upon unwholesome food and drinking bad water; indeed, everything which has a tendency to reduce the powers of the system may be the cause of Scrofula; but it is generally produced by poor diet, impure air, living in close confined apartments, or from syphilitic taint.

Abscesses often result from blows, falls, or other injuries. Sometimes they form from foreign substances

lodging in the flesh, such as gravel, thorns, etc., and sometimes from constitutional causes or diseased tone.

Abscesses, varicose ulcers, and all eruptions of the body, are so many manifestations of an impure condition of the blood. It is therefore advisable, in addition to Massage, to take a simple purifying medicine which will act beneficially upon the registers of the system, and remove the poisonous acids and false humours from it. The Scrofula, Abscess, Ulcer, Evil, or Eruption, can be immediately cured by applying the Unguent as an ointment to the affected parts twice a day. The value of Massage in these complaints cannot be overrated. Carefully tap with the tips of the fingers, and *gently rub outside* the inflamed parts for fifteen minutes. This treatment will not only assist but will excite the circulating fluid in the neighbourhood of the sore and force the corrupting "ring" of inflammation outwards, and the new blood rushing inwards will soon cause the new flesh to grow and heal the wound or inflammation.





CHAPTER XI.

MASSAGE OF THE SPINE.



I HAVE purposely left this subject till now because it is not only the most important, but when all other methods fail, derangements immediately depending upon the nerves issuing from that part of the body, and complaints that apparently have no connection with the spine, are amenable to our system of treatment.

I am a great believer in Spinal Massage for many forms of disease. There can be no doubt that the functional activity of the spinal cord is frequently impaired owing to some impediment to the normal circulation of the blood through it: indeed, spinal congestion is more common in so-called functional trouble and nutritional defects than is usually supposed. For instance, in Spinal Irritation the symptoms vary with individuals. Sometimes pain is excited by merely pressing the spinous processes on either side; it is sharp and piercing, and remains for a minute or two after the pressure is removed. Sometimes again, pain is produced upon the slightest emotional disturbance, while in others irritation of the spine shows itself by many or all of the following symptoms:—Vertigo, head-ache, noises in the

ears, disturbance of the vision, tenderness of the scalp, fulness in the head, spasms of the muscles, contractions of the arms, hiccup, etc. The mind may be unhinged, sleep deranged, the dreams unpleasant. Occasionally there is excessive salivation, or the mouth and tongue are parched; nausea and vomiting occur persistently after eating, and there is palpitation of the heart, and irregularity of action.

Such are many of the symptoms of Spinal Irritation. In addition to those above named it is often found to give a great deal of pain in the Lumbar region. This pain is neuralgic, affecting the lower extremities—the uterus, vagina, ovaries, intestines, or muscles of the back or abdomen, and in the male, the testicles.

Now, I have had several cases of Spinal Irritation under treatment. The symptoms pointed to this complaint. Their medical men treated them for various diseases—some even going so far as to prescribe in the female patient vaginal injections, pointing to tumour, ulcer or other complications in the womb. I have myself invariably cured all forms of this complaint by Massage, and I cannot too highly recommend it. Let the patient be rubbed for twenty minutes daily down the whole length of the spine, beginning at the nape of the neck, and especially let time and attention be devoted to the neighbourhood of the kidneys and the Lumbar region, *i.e.*, across the small of the back.

LOCOMOTOR ATAXY.

I shall not here enter into the many arguments existing among the faculty anent this disease. It is a small matter to me, much less to the sufferer, whether the disease is of Rheumatic origin—whether it is a *Rheumatoid*

Arthritis, or caused by "irritation of trophic centres by sympathy with changes in the posterior root zones of the spinal cord." Sufficient to know that it is a condition of wasting without repair; that it is closely akin to disease of the spinal marrow, and that nervous influence has a great deal to do in the causation of this disease.

It is generally admitted that the ordinary remedies and systems are eminently unsatisfactory, and do very little to check or retard the onward progress of the disease. Many medical men recommend painting the joints with strong iodine liniment, and to rub them with turpentine. With their prescriptions I have nothing to do: that they are unsuccessful in their treatment is only too apparent. My treatment is Massage manipulations combined with passive movements of the joints. The hands and knees are more frequently affected than other parts, but the hip is no uncommon seat of this affection. I therefore apply Massage to these joints daily, and the effect of these manipulations is considerably increased by the use of my Unguent, not only to the joints themselves, but to the spine. The joints and the whole length of the spine then should be rubbed daily for at least twenty minutes. This will consist of a series of tapping with the tips of the fingers, then gently picking up the tissues and pinching them. After this, let your two thumbs be pressed firmly on either side of the vertebræ, and with quick, light movements, pass them down the back. You may conclude your work by flexing your two palms and slapping the whole of the back: indeed, if the rules laid down in Chapter II. are followed out literally, I have great confidence in stating my experience that a perseverance in the treatment will effectually rid the sufferer of this sad, and by many medical men pronounced incurable disease.

SPINAL CURVATURE.

I can say but little about this disease, as, although I feel confident that it can be cured with careful treatment, I have not had sufficient time in my busy life to devote the attention to the few cases that have come under my notice and which this interesting subject demands. The little experience I have had with this derangement has proved to my own satisfaction that any form of curvature, however slight, gives rise to some spinal and pain activity, and may lead to many derangements; and it is wise, therefore, when spinal curvature shows itself, to apply Massage, especially in the case of young children, so that the disease may be overcome before the bones are thoroughly and firmly set.

HYSTERIA.

The term Hysteria, unfortunately, has such a wide significance that its incomprehensiveness often attaches to it an interest and attractiveness which are sometimes unaccountable.

In his "Diseases of the Nervous System," Weir Mitchell writes of Hysteria that "it is the fertile parent of evil. However produced, it is a fruitful source of mimicry of disease in its every form, from the mildest of dreamed pains up to the most complete and carefully devised frauds. Its sensitiveness and mobility, its timidity and emotionalness, its greed of attention, of sympathy, and of power in all shapes, supply both motive and help, so that while we must be careful not to see mimicry in every Hysterical symptom, we must in people of this temperament, be more than usually watchful for this form of trouble, and at least reasonably suspicious of every peculiar and unusual phenomenon."

Hysteria is an unreal disease, but, nevertheless, has a reality and an entity all its own, and its essentially morbid nature indicates defection in the regulating and controlling centres, to correct which, good moral influence, guided by sound judgment, and a comprehensive well-balanced mind and will, is absolutely essential.

Although Hysteria is difficult to cure in the ordinary way, it readily yields to Massage. A firm but gentle nurse with a knowledge of Massage should be engaged, and every day for one month the spine should be manipulated along its whole length. The Unguent should be freely used.

EPILEPSY.

Although closely allied to Hysteria, Epilepsy is very distinct from it. The epileptic may be as emotional as the hysteric, but this is the exception rather than the rule. The epileptic is constantly exposed to danger from the suddenness of the attacks. This is really the case in Hysteria. But the treatment of both diseases is pretty much the same, so far as Massage is concerned. I think Epilepsy the most distressing affliction which the human family suffer, because of its suddenness. Without warning, in an instant, the patient, from an apparently healthy, sentient being, becomes a foaming, writhing lump of convulsive mania, inspiring terror, compassion, loathing, and pity in the onlooker, who is powerless to help the sufferer. Now here the knowledge of Massage gives power, because Epilepsy is amenable to it. But just let me give some of its symptoms.

Attacks of Epilepsy generally begin, or are preceded by, peculiar sensations in the ears. Then the scrotal region becomes affected, and the sensation rapidly flies to the

throat, determining a feeling of constriction, and finally affecting the head, causes singing noises in the ears, and throbbing of the temples. The sufferer then loses complete consciousness, and the convulsive throes—known only too well—begin. These generally last from five to ten minutes, when, from sheer exhaustion, the poor sufferer will, if left to himself, drop off into a long painless slumber.

This disease is said by the faculty to be incurable. They have certainly a good preventive medicine which they prescribe pretty freely. I allude to Bromide of Potassium. This medicine is undoubtedly powerful, and I have known Epileptics able, by its means to ward off attacks for months, but it is not a safe remedy to take even as a preventive, certainly it is not a cure.

As stated above Epilepsy is amendable to Massage. Let the same treatment be adopted as in the foregoing complaints, viz.: Massage of the spine along its whole length. Rub also the stomach, especially on the right side over the region of the liver. But remember, these manipulations of the stomach must be done slowly, purposely, quietly, and regularly; never let Massage of the stomach be done hurriedly or jerkingly. Indeed, this applies to all forms of Massage. The best Masseur is the person who goes quietly and unobtrusively to work, making no fuss, doing all that is to be done firmly and coolly, inspiring hope in the patient, because of the certainty of the system.

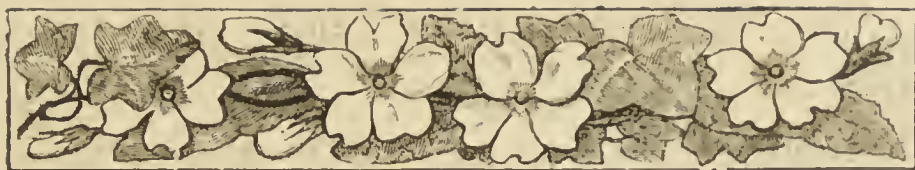
BACKACHE AND OBSCURE PAINS.

There are few conditions more amenable to treatment of Massage than what is commonly known as Backache. It may be due to a variety of causes. The patients are

usually women, and the suffering is undoubtedly often very acute. In the majority of cases it is the result of strain or over fatigue. Sometimes the pain is the result of pregnancy, the accumulation of dropsical fluid in the abdomen, or even the development of fat. A still more common cause is uterine disturbance, this being simply one of a group of symptoms indicative of the existence of some displacement. The pain is often so acute as to temporarily incapacitate the patient for exertion of any kind. Sometimes it persists all day, and for the matter of that, all night, whilst in other cases it comes on at some particular hour, and lasts until bedtime. Whatever the cause, or however acute the pain may be, a course of Massage along the whole length of the spine, will effect a perfect cure.

Many people again, suffer from vague uneasy pains in the legs, usually said to be Rheumatic or Neuralgic. In young people they are sometimes called "growing pains." They are intensely painful and the patient not uncommonly suffers at the same time from a feeling of depression and wretchedness. Very little is known about these pains, but it is found practically that they are relieved by Massage.





CHAPTER XII.

FEMALE COMPLAINTS.*



THIS subject requires great delicacy in handling; yet my work would be very imperfect and incomplete were I not to devote some time and space to those diseases which belong peculiarly to the female sex. The more so because no treatment has been so efficacious in female disorders than the treatment prescribed in these pages. Numbers who have apparently been running through the stages of consumption, and affected with fainting, languor, pain in the breast and side, cough, shortness of breath, palpitation of the heart, swelling of the feet, depraved appetite, and all other symptoms arising from irregularities, have been completely cured by the Massage treatment as here recommended.

The cure of Female Complaints must be effected, as in every other disease by increasing the tone of the system in general, and as the turbid action and spasmodic constriction of the uterine vessels are subordinate to due nervous power, it is evident that if the system is once brought into good health, the balance of action will be

* See separate book, "The Woman," on Female Complaints.

restored, and the affected vessels will soon fall into the common train of healthful order. But before I enter into the method and manner of curing, let me take these complaints separately.

There are two important periods in the life of every female, in which the constitution undergoes a material change. The first happens between the ages of fourteen and sixteen, and the latter from the ages of forty to fifty years. At the commencement in early life indigestion and bodily debility are the causes of this salutary change not happening in due time, as through the nourishment derived from the food being insufficient to supply the body with its due degree of strength, the heart, which is the principal instrument of circulation, can scarcely propel the blood in its vessels, so as to occasion a distribution of that vital fluid to the different parts of the body; therefore its due office cannot be accomplished, hence, proceed obstructions attended with flatulency, palpitation of the heart, sick head-ache, and a throbbing or tremulous motion of the internal parts, especially after exercise, heartburn and distension of the stomach, pains in the breast and side, with shortness of breath, appetite whimsical and much impaired. The countenance is sometimes wan and sallow; there is a coldness of the feet, weariness and depression of spirits, and reluctance to take exercise. Sometimes the patient appears to be on the verge of consumption, or running rapidly through its stages.

To assist the efforts of nature at this critical period the whole constitution must be strengthened (a circumstance of the utmost importance to the patient's future welfare, though in general disregarded). This can only be done by such means as are calculated to give strength to the digestive organs and the system in general, com-

bined with proper diet, moderate exercise, and natural rest, which will powerfully assist the animal economy to effect its proper office; by the same means the secretions will be promoted, and nature be enabled to remedy those disorders which before have resisted all ordinary medicines.

Between the ages above mentioned suppressions often occur from torpor of the extreme vessels of the uterus, in consequence of deficient nervous power in these vessels, whereby they are unable to fulfil their office. Anything which depresses the nervous and muscular systems may be the cause of suppressions, such as sudden frights, cold, wet feet, bodily illness, grief, anxiety of mind, costiveness, etc. At such times the treatment recommended at the end of this chapter should be persevered in, until a decided improvement is noticed, and menstruation is set up.

PAINFUL MENSTRUATION.

These periodical returns of suffering and misery arise from a painful spasmodic action of the discerning vessels of the uterus, from deficient nervous energy; and if their recurrence be not obviated by suitable treatment, the life of the patient is not only embittered but all hopes of a family precluded. Both this and the former complaint are frequently accompanied with various unpleasant effects, such as melancholia, hysteria, faintness, shortness of breath, swelling of the feet and legs, eruptions on the body, etc. All females, whether nursed in the lap of luxury or in the midst of want and misery, are subject to the ordinary causes which produce these complaints, and therefore, all suffer alike from them.

Here again in this complaint we find nature's remedy, Massage, all sufficient to cope with the evil, and the greatest advantage gained by its use.

PROFUSE MENSTRUATION.

This may arise from accidental causes, such as a violent shock or jar, a fall or blow; but generally it springs from a relaxed state of the solids, consequent on a low state of vital energy. Profuse Menstruation should never be neglected, but means should be at once adopted to check the untoward flow; and this can be done by Massage and a proper course of treatment.

CHANGE OF LIFE.

At the time of cessation of the Menses, many females experience disorders which, if neglected, prove extremely troublesome and dangerous, such as restlessness, flushing heats, sleepless nights, troublesome dreams, spasmodic pains in the stomach and bowels; the legs and ankles swell, and are attended with pain and inflammation; sometimes the body swells, and puts on the appearance of dropsy. When Massage is adopted at this period of life, I have never known it to fail in removing these troublesome symptoms.

LEUCORRHÆA, OR "WHITES."

This complaint is commonly called "Whites," and needs no description here. It proceeds from relaxation and indigestion; hence is mostly found among the weakly and delicate. It is also a penalty attached to those females who, in obedience to fashion and folly, cruelly forbear to suckle their own offspring.

TREATMENT OF FEMALE COMPLAINTS.

In all these complaints it is evident that we should endeavour to assist Nature to perform her functions

naturally, but I am afraid too many practitioners forget that Nature commonly resorts to the mildest measures, and that by these the greatest advantages are gained. Her mode of operation is, uniformly not to pull down, but to build up; and the means she employs are those which secure to the patient at once an increase of strength, comfort and health. From my own experience I can confidently recommend Massage as the only natural and rational method of curing the various complaints treated of in this chapter, combined with the proper remedies recommended below.

If the world did but know the true nature of Massage, and adopted it in their homes upon each member of the household, how disease would be lessened in our midst! You mothers of families, to whom I have been particularly addressing myself in this chapter, think how little you can do in your homes without rubbing, which is another name for Massage! It is the only means by which you keep your houses bright, clean, and beautiful. The floors, carpets, furniture must be rubbed to free them from dirt, and to make them clean. The linen is subjected to the rubbing process, and for the same purpose. Soap and water, good as they are, will not of themselves cleanse away the dirt: rubbing is necessary.

As with your homes, so with your bodies. The imperfect action of the registers of the system—the bowels, the liver, the kidneys—causes a morbid secretion of dirt. We are told that dirt is matter in the wrong place; and this matter, which in a healthy state of the registers of the system would pass out through the ordinary channels, has got into the blood, and so affects the body. We suffer pain in consequence—that pain being an effort of nature to throw off the obstruction, *i.e.*, dirt. Well, you know

how to get rid of dirt from every part of the home by rubbing with proper remedies. So, by the same rule, you may get rid of the dirt, the disease, inside the body by rubbing, Massage, with the proper remedies.

In every form of female complaint I have dealt with in this chapter, let the body be rubbed twice daily for about fifteen minutes. Take the whole length of the spine, and especially rub across the back in the region of the kidneys, and on either side of the abdomen. Take the internal medicine "Vivi" (dealt with at the end of my book) once a day, in teaspoonful doses. Persevere in this treatment for a month or six weeks, if necessary. At the end of that time you will be surprised at the marked change that has taken place in the sufferer. The whole system will appear to have clothed itself with new life. The languor gone, the cheeks with the glow and hue of health upon them, the debility vanished, and all obstructions passed away, life will flow on more evenly, because Nature has asserted her supremacy.

I have touched but lightly upon Female Diseases in this chapter, for obvious reasons; but if the female portion of my readers have been interested, I can confidently recommend them to my volume on "Female Ailments," addressed to mothers only, entitled "The Woman."





CHAPTER XIII.

RUPTURE (HERNIA).



ERNIA, or Rupture, is a mechanical protrusion of a portion of the intestines, and in the ordinary way may be either at the navel or at the groin. It is a very common disease, and affects, in one form or other, about one in every six of the population, male and female. It appears as a tumour due to a part of the intestines, or omentum, enclosed in the peritoneum protruding between the muscular bands of the abdomen, and appearing as a soft swelling under the skin.

A Rupture may be generally distinguished from other tumours even by an unskilled person, if the hand is placed upon it during the act of coughing. At the moment when the cough is heard, a strong impulse will be given to the hand, and the hernia will for a moment appear much harder and somewhat larger. This peculiar sensation can scarcely be mistaken, and the sufferer, finding that he is ruptured, should at once proceed to a hernia specialist.

Rupture itself is due either to congenital weakness or

to a strain caused by lifting heavy weights, especially if the feet are not kept close together.

When the parts cannot be reduced—that is, brought back to their proper position within the cavity of the abdomen—it is called Strangulated Hernia. The passage through the intestinal canal is obstructed, and there ensue consequent sickness, constipation, inflammation, and even mortification of the bowel or the peritoneum, unless the cause of the obstruction is removed by an operation, which is very dangerous and often fatal.

There are several kinds of Hernia, the more common being Umbilical, Inguinal, Scrotal, and Femoral. All these forms require the constant wearing of a truss. Great care should be taken as to the kind of truss, and to the way it is fitted on; for it is absolutely necessary to comfort, if for no other cause, that the instrument should be exactly adapted to the part it has to perform. Untold and irreparable injury to the parts affected has been the consequence of negligence on these points.

When the sufferer has discovered the fact of his being ruptured, or when he feels undue pain, he should at once lie on his back, and by gentle Massage force the protrusion back into the cavity; when it has passed into its place, he should proceed at once to obtain a suitable truss.

My own appliances for Rupture are specially prepared, self-adjusting, and act as disinfectants to the body. They are in all respects the most perfect and unique instruments made as mechanical supports and remedial appliances for any form of Rupture or internal prolapse. Moreover, they are very light and comfortable.

The external surface being completely covered with a non-absorbent material resembling ivory, giving off a very pleasant perfume, they are absolutely impervious to perspi-

ration and the acid secretions of the skin ; they cannot rust or get out of order, and they cause no cutaneous irritation.

These wonderful appliances can be washed when necessary, and can be worn for any length of time in any climate without becoming offensive, as is the case with those constructed with chamois leather and other objectionable materials.

Being practically indestructible, these appliances can be guaranteed to last a lifetime, thus involving no further expense to the owner beyond first cost, and the undoubted advantages they possess over every other appliance extant constitute them as absolutely the best, and therefore the cheapest that can be procured.

Where practicable, the sufferer should visit me, and obtain our skilled advice (which is always given free of charge), and have a suitable appliance accurately fitted. When the Rupture is returnable, we can confidently say that by wearing constantly one of our special appliances, a cure can ultimately be effected.

To those residing at a distance, with whom a personal interview is impossible, I would say, write, stating whether the Rupture is Umbilical, Inguinal, Scrotal, or Femoral, giving also the position, dimensions, and exact measurement all round the body, one inch below the hips.





CHAPTER XIV.

KIDNEY AND URINARY DISEASES.



HIS is a large subject, but the most important points are not difficult to understand. The urinary organs are twofold, viz., the Kidneys and the Bladder. It is the duty of the kidneys to take from the blood a certain poison called uric acid, and remove it from the system, dissolved in the urine. This the kidneys do easily enough, so long as there is no more than a natural quantity of this acid, which is very hard to dissolve. But when, as often happens, the kidneys cannot pass it off as fast as it is produced by the liver, there is serious trouble at once ; for when the kidneys can no longer dissolve this uric acid, they pass part of it through in a solid form into the bladder, while the rest remains in the kidneys. This uric acid takes with it quantities of the salts that are all the time used in the processes of digestion and bodily repair. This acid and these salts combine to form a sandy substance in the kidneys, causing a breaking down of those organs, and in the bladder they cause diseases well known under the name of

GRAVEL AND STONE.

There are two different kinds of Gravel—the white and the red; and both these complaints entirely proceed, like Gout and Rheumatism, from a disordered state of the digestive organs, whereby the same morbid matter is produced as in these two diseases, which nature tries to expel by the kidneys and bladder; hence arise the painful action of those organs.

There is a close analogy between the nature of Gout, Rheumatism, Gravel, and Stone, the only difference being in the organs affected. They all arise from indigestion, proceeding from a deficiency of nervous power, whence an acetous fermentation of the food takes place, and an excessive secretion of uric acid is continually produced, which, on entering the circulation, detaches the soda and other alkaline principles of the blood, thus producing the uric precipitate which nature strives to expel from the body by the skin and kidneys; hence the reason why a patient frequently suffers from gout and gravel at the same time. It moreover frequently happens to patients subject to gravel, that on being attacked with gout the former complaint totally disappears.

Persons with gravel often pass some portions of it in their urine, but the most of it remains and gives rise to inflammation, pain, heat, and intense suffering in making water. The reason of this is that the sand covers up the passage from the bladder and the urine cannot find an outlet. To give temporary relief, it is then necessary to push back the obstruction with an instrument and let the water off. This gravel becomes hardened into stones of various sizes, which in passing through, cut and tear the sides of the urinary passages, sometimes so as to tinge

the water with blood. The pain and agony attending this are the most intense that men are called upon to endure.

One method of cure is first to dissolve the gravel and stone in the places where it lodges, so that it will pass off without being felt; next to restore healthy action to the stomach and bowels, so that the formation of the uric acid precipitate will cease and the complaint disappear.

Now the Master Masseur's treatment will undoubtedly affect a cure in these distressing complaints. I recommend Massage once or twice a day on the lower part of the back, the loins, and the region of the abdomen; freely using the Unguent. One month of such treatment will not only strengthen the kidneys and urinary organs, and throw off this very dangerous substance as quickly as it is formed, but the whole system will be so built up as to prevent such formation and so cure the disease.

BRIGHT'S DISEASE.

When there is a breaking down of the kidneys themselves, the affection is called "Bright's Disease" (so named from the medical man who first located the disease). It consists in a relaxed condition of the vessels in the kidneys which allow the albuminous matter of the blood to escape into the urine. This disease is often a consequence of Scarlet Fever, Measles, Inflammation of the Lungs, etc., if the strength of the patient has not been duly kept up. It is also met with in females who are far advanced in pregnancy.

In its chronic form Bright's Disease is often attended with dropsy, emaciation and great prostration of strength, the issue being often fatal. Intemperance, prolonged

exposure to damp and cold, and overwork under the pressure of anxiety, are among the many causes of this disease.

Now although the treatment of Bright's Disease is difficult it readily yields to Massage. Careful manipulation daily, over the lower part of the back and loins, will effect a cure in the most obstinate cases in a few weeks.

DIABETES.

This disease is brought about by an abundant and excessive discharge of urine of a violet smell and sweet taste. It is nearly always attended with unquenchable thirst, a dry, harsh skin, emaciation, depression of spirits, indigestion, etc., at length the feet swell, the skin becomes damp and cold, and death supervenes.

Anything which tends to debilitate the nervous system, such as excessive drinking, external cold, constant purging, piles, grief, etc., may excite this disease.

The immediate cause of Diabetes depends upon the morbid action of the stomach, arising from nervous depression, and is always connected with suppressed perspiration. The diseased state of the kidneys, which is seen on examination after death, is an effect, and not the cause of Diabetes.

In endeavouring to cure this distressing disease great care and perseverance are necessary. The object must be to restore the nervous power and promote healthy digestion, so that the urine may be improved in quality and decreased in quantity. The diet should consist principally of animal food; all solids and fluids possessing diuretic properties, the patients must abstain from. A

warm bath twice a week, and a thorough Massage over the whole body once a day may be safely prescribed. Twice a day the region of the kidneys should be rubbed for a period of fifteen minutes, and teaspoonful doses of "Vivi" taken at bed-time.





CHAPTER XV.

DISEASES OF THE LIVER, STOMACH, PILES, COSTIVENESS, ETC.



I talk a good deal about the liver and its complaints, but not one person in a hundred has any idea what it is like, or what it is for. The liver is the largest organ in the body, and it does half a dozen different kinds of work. All the food that goes to nourish the body must first pass through the liver: it is the only door. The liver also takes up the bile from the blood, and sends it to the bowels to help them to digest the food. If it fails in this constipation is at once set up. Then again, the liver gives out all the heat there is in the body; from this it will be at once seen that this organ is an important factor in our internal economy.

Bilious and liver complaints arise from an unhealthy condition of the digestive organs, attended with defective muscular action, when the first bowel becomes obstructed with chyme and mucus, which prevents the free exit of the bile from the biliary ducts, which, in consequence, stagnates in the gall-bladder; and as its passage into the intestines is obstructed, it is re-absorbed into the blood,

which becomes sensibly tinged with it ; this may be seen in the yellowness of the skin and eyes, and otherwise unhealthy appearance of the patient. The blood being charged with bile causes reaction on the nerves, and, as a consequence, there is generally depression of the spirits, and the temper also becomes irritable and peevish.

Now diseases of the liver may be known by a sense of weight or oppression in the right side ; pain at the top of or between the shoulders ; the hands and feet are cold, because the blood circulates slowly ; the patient feels sleepy, he is giddy sometimes and things seem to whirl round him ; he suffers from headache, and often from heartburn. There are spots before the eyes, the tongue is coated, the bowels costive. Sometimes there is a dry cough, and the urine is highly coloured. If these symptoms are not corrected a dangerous fever is often the result, with possibly other organic ailments.

Dyspepsia is the principal cause of liver troubles ; and the sufferer is strongly advised to undergo a course of The Master Masseur's treatment. The region of the liver (the right side) and the top of the stomach should be well rubbed for twenty minutes once a day, freely using the Unguent until a decided improvement is noticed.

THE STOMACH : DYSPEPSIA.

The stomach is a simple sack or bag. Into it all the food drops as we swallow it, and remains to be digested. Its office is to churn up the food, which it does, if it is in a healthy condition. The stomach, unlike the liver, does no other work ; but digestion is a complicated and difficult operation. In the stomach the food is mixed by means of a motion of its own with certain natural fluids or juices, until it becomes a thick half fluid mass.

Failure on the part of the stomach to accomplish this is called Indigestion and Dyspepsia. It is an almost universal disease, the curse of civilized society, and the fruitful cause of nearly all the other ailments we suffer from. It is one of the first effects of diminished nervous power, and in a larger or smaller degree is present in every disease, mental and physical. The food remains in the stomach and ferments as garbage does in a tub. A foul and nauseous gas is generated, which rises in the throat, and, with other poisons, attacks the whole system by means of the nerves and blood vessels.

The principal symptoms of Dyspepsia are :—Loss of appetite ; a sense of distension or oppression of the stomach after eating ; sickness, and sometimes retching and vomiting, especially in the morning, furred tongue, and unpleasant taste in the mouth ; palpitation of the heart and sallowness of complexion. There are often hot flushes followed by creeping chills, sleeplessness, restlessness, loss of ambition and energy, desire to be alone, dry and scurvy skin, aching of the back, arms and legs, great mental depression, and fears and anxieties without any apparent cause, shortness of the breath, and trembling of the limbs on making any exertion, etc. The stomach is tender on pressure and filled with a slimy mucus. The liver very often sympathises with the state of the stomach, and the result is an attack of biliousness, which affects every organ in the body and prostrates the nerves.

Then naturally follow those complaints called

NERVOUS AFFECTIONS.

At some period or the other everybody suffers from

“Nerves,” but what the ailments really are, and what causes them, often remains a mystery even to medical men. Hence they are wrongly treated, and sufferers finally conclude that their disease is incurable. A few plain words will perhaps throw light on this dark subject. Nervous Affections mean extreme debility or feebleness of the nerves. The body is full of nerves—the brain being the centre. When the nerves are strong and healthy we have no more sense of them than we have of our stomach when that organ is strong and sound. But when the nerves get out of order we are notified of it by such symptoms and feelings as these:—Sleeplessness, excitement of mind, low spirits, irritability of temper, desire to be alone, dislike of noise, great worry over little things, uneasy sensations, shifting from one part of the body to another, a feeling of being tired and exhausted, even when the patient has worked but little, groundless fears and anxieties about our children, about the future, and about a hundred other matters, and many transient pains we cannot account for. Now what is the cause of this miserable state of the nerves? Simply impure, and impoverished blood. The nerves are built up and fed by the blood, and when bad digestion has filled the blood with waste and with poisonous matters, the nerves are impoverished, and tremble and break down. This is the truth about all so-called nervous diseases. They are a result and symptom of Indigestion and Dyspepsia.

Now, here we have need of instant action, and I know of no curative agent which will act so speedily in these classes of disease as Massage. Let it be remembered that these and all forms of disease proceed from deranged registers. If these registers are attended to and helped to perform their functions naturally, disease can

be kept from the system. Let the patient suffering from Dyspepsia or Nervous diseases, be masséed once a day down the whole length of the spine, and across the top of the stomach, and let a teaspoonful of "Vivi" be taken, in the morning fasting, in a wineglassful of infusion of Quassia chips, and the same at night on going to bed. The infusion of Quassia may easily be made thus: Pour a quart of boiling water on one ounce of Quassia chips; let stand till cold, strain and bottle. N.B.—Let the bottle be kept in a cool place.

CONSTIPATION, COSTIVENESS AND PILES.

Constipation is a prevailing complaint, and one that causes a good deal of suffering. The cause is torpid liver.

The liver, as I have said, is the largest gland in the body, secreting the bile, nature's physic, and when this gland becomes sluggish and constipated, the effects of constipation upon the system are serious. When the fœcal matter collects in the lower part of the bowels, it produces an unnatural pressure upon the blood-vessels of the parts, causing that painful malady known as Piles, but as a rule, when this matter is removed, the piles disappear. This collection of fœcal matter becomes re-absorbed into the system, poisoning the blood, and when the poison reaches the brain there is congestion, which may vary from simple headache to the most violent brain disease. The impure blood while circulating through the lungs, causes the breathing to be laboured, without affording relief as usual, and the breath becomes disagreeable, leaving a nasty taste in the mouth. Too close attendance cannot be paid to the regularity of the evacuations from the bowels.

The bowels then should be emptied at least once a day by a natural evacuation, yet some persons (usually females) often fail of such evacuations for several successive days. Consequently the bowels or intestines are filled with partially digested food, which ferments and sours, and develops a foul gas that rises into the mouth with a belching sound and action. This nauseous mass presses upon and congests the blood-vessels, producing various forms of Piles: Bleeding Piles, Blind Piles, Itching Piles, etc. What suffering is thus caused I need not describe. The only mode of relief and cure is to soften this disease-breeding accumulation and expel it from the bowels by the natural passage, and then to tone up the intestines so that they may do their own work naturally.

Now Massage with a plentiful use of the Unguent, will undoubtedly effect a radical cure in a very short time. The Unguent should be freely applied twice daily to the anus and inside the rectum. The stomach and region of the intestines should be submitted to firm pressure, and kneaded and rubbed lightly but briskly for at least twenty minutes a day. Then doses of "Vivi" should be taken regularly, even after all appearance of piles has gone, and the costiveness and constipation passed away. By these means alone will a permanent cure be effected, and it is worth the trial.

There is a peculiar costiveness attending persons who follow sedentary occupations, and those advanced in years, which also arises from muscular debility of the intestines, from nervous depression, the exciting causes being inactivity and want of fresh air. This species of costiveness frequently causes inflammation of the bowels, often terminating fatally in a few days. The poor patient in

His despair flies to all sorts of drastic remedies for relief, but, alas! he finds, when too late, that the best of these drastic purgatives after being used a few times invariably leave the bowels in a worse state than before. Now the use of any drastic purgative, by destroying the inner membrane of the bowels, may lay the foundation of much future suffering. Such articles, moreover weaken the muscular action of the bowels, and render them unable to propel their contents onward, and hence increase, in a tenfold measure, the very complaint which they were given to cure. Another great evil of drastic purgatives arises from their quickness of operation, by which they do not soften the *faeces* as they should, but wash by and carry away their fluid portion, whilst the remainder is left in a more indurated state than before, causing almost continued griping and uneasiness. Thousands of persons who have been in the habit of taking drastic purgatives, can, to their sorrow, bear out the truth of these remarks.

Now with The Master Masseuse's "*Vivi*," this is different. It stimulates the stomach and intestines to healthy action, and it strengthens the muscular coats of the stomach and bowels, and thus tends to prevent costiveness.

Persons suffering from Constipation, Piles, and Costiveness, should never be without The Master Masseuse's Remedies, and in these complaints should take them as circumstances require.



CHAPTER XVI.

DIET, HABIT, EXERCISE, ETC.



HAVE been often asked by many, who have consulted me about diet "What am I to eat and drink?" And I cannot leave this part of my work without giving a few hints upon this subject.

Some people like to live well regulated lives; not only must their houses, their persons, their dress be just so, but the food they eat, the houses they sleep in must be regulated to a nicety. Many, women especially, not unfrequently drive themselves into Hysteria and a host of nervous troubles, by trying to regulate their lives by a system of organized machinery. That it is a grave mistake to do so, there can be no two opinions about. I do not believe in existing in a stereotyped, unvarying, unswerving groove; it is not compatible with our environment. Change is necessary to functional, intellectual, and moral activity. From the earliest ages men have sought diversion because they have found it salubrious. Amusements have been invented, music and song originated, Divine Worship has taken different forms, fashions are ever changing, and nature herself assumes

different garbs in different seasons, to please, to charm, to change, and make glad the hearts of men.

Let us then live naturally in our lives, taking nature as our "Guide, Philosopher, and Friend." We are doing no wrong to ourselves by following our natural instincts. Nature has laid down fundamental laws for our guidance and we shall neither injure ourselves nor society, in abiding by those laws. It is when we violate her laws, when we abuse our powers that we suffer, and nature then metes out the punishment. The world would be all the brighter, man happier, if we listened a little oftener to the unerring voice of nature. I will therefore lay down no rules as to diet, habit, etc. Live temperately, eat and drink naturally and at proper times, avoid all meats and drinks that tend to indigestion. Let plenty of fruit and vegetables be taken. Do not poison the system with noxious drugs, alcohol, and a superabundance of strong meat. Let the clothing be sufficiently warm and loose, do not crowd too many clothes on your back as it often obstructs the perspiration. Above all remember that God's blessed light and air are the best tonics in the world.

Exercise promotes a mutual action of both solids and fluids; it increases bodily heat; it invigorates the heart and occasions an equal distribution of the blood through the whole system; it increases nervous energy, and consequently, digestion and other assimilating processes are quickened, and, therefore, it is of the utmost service in all cases of derangements of the body.

Then, again, too much cannot be said of Massage for the body when in health. The whole body should be well rubbed with a coarse towel or flesh brush once a day, in health as in sickness. Indeed, Massage should be employed in every case of disease whether acute or

chronic. The extreme branches of the nervous system spread themselves in a fine network all over the skin, and friction on its surface rouses the dormant nervous energy. It also increases the flow of blood in the capillary vessels, thus equalizing and promoting the general circulation; and to persons of sedentary habits it performs the part of exercise. Massage, under any circumstances, is a most salutary, wholesome and healthy practice, and with constant use it becomes pleasant and agreeable, increasing as it does the absorbent powers of the veins and lymphatics.





CHAPTER XVII.

CONCLUSION.



HE system I have recommended in the foregoing pages is not a *new* system. It is undoubtedly the oldest, because it is the most natural—I might almost say instinctive system in the world. Not only has it been adopted by every aboriginal race of people from time immemorial, but at the present day a system of Massage is adopted all over the world for every purpose. In the inanimate world there can be no renewing, strengthening, purging, or purifying, without a method of Massage or Rubbing.

So in the animate world there can be no enlargement, increase, or multiplication without this friction which is of course Massage. Let the reader bear these facts in mind and then the success we have attained in our work, will be easy apparent. All nature needs Massage. All nature dictates Massage. It whispers in the ear immediately there is pain, "Rub the affected part," and no better instructor can be found—no better "Guide, Philosopher and Friend" can we have than nature herself. She never errs. She is as true to herself as she is to the eternal laws which govern and guide all.

Our system of Massage, and our method of getting rid

of disease, is therefore deduced from the natural laws which govern the universe. We recommend Massage for nearly all diseases. We say that by tapping, pinching, pressing, and rubbing in or about the region of the pain, we can get rid of the immediate cause of disease ; and by using a powerful internal remedy we can restore the registers of the system to a healthy state so that they may perform their functions in a healthy manner.

As a general rule there is not a disease that may not be cured or greatly alleviated by using The Master Masseur's Remedies.

In conclusion, dear reader, allow me to appeal to you personally. Are you suffering from any of the diseases mentioned in this little work ? Are you bowed down with pain and affliction ? Has disease laid its heavy hand on you ? or, have you someone near and dear to you whose sufferings you would willingly alleviate ? Then bring your common sense to bear upon the contents of this book. Remember, no half-measures will do. I must call to your mind the old adage that "What is worth doing at all is worth doing well." My advice, my remedies, my system, will be of no value unless you work with them. Your own constant exertions are necessary as well as mine. If you go to work with a will, you will be blessed with a grand result : the bloom of health will return to your cheek and renewed vigour to your frame. You cannot expect to be cured by magic : but the effect of adopting my system will be simply marvellous. Disease will fly before our treatment like chaff before the wind ; and with perfect health in your body life will be worth living, and when the end comes it will be a simple dropping into the grave as did the patriarchs of old, like corn ripened and in full ear.

The reader will have noticed my frequent reference to an internal remedy called "Vivi." Now this remedy is not recommended as a "cure all," nor as a scientific preparation. On the contrary, it is one of the simplest medicines prepared, and it is intended to assist Massage only by acting upon the registers of the system, *i.e.*, the bowels, the liver and the kidneys, and to help them to perform their functions naturally. Its component parts consist principally of Podophyllin, Taraxacum, Cascara, Sagra-da, Buchu, and such like vegetable medicaments that are well known to the faculty as curative agents for the removal of disease.

I also would say to the poorer class of my readers : when you find the remedies I have recommended beyond your reach or your pocket, do not despair of a cure. Get a little sweet oil and persevere with Massage ; it may, probably will, take longer to effect the cure, but cured you will be, not by the remedies, but by Massage.

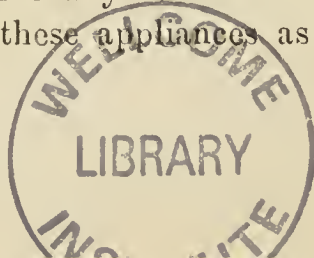
The remedies are the result of my own practical experience, and undoubtedly assist very materially in getting rid of disease, but they only assist. It is Massage which cures, and if the rules laid down in the foregoing pages are followed, *with* my remedies or *without* them, health will succeed disease, as sure as night follows day.

APPENDIX.

THE reader will have noticed in the foregoing chapters frequent references made to Electricity in relation to Massage. Most Masseurs content themselves with the ordinary Batteries, which are advertised and sold as "infallible cures" for most diseases. These Batteries rely upon the ordinary current generated in the usual way and giving to the nervous system an artificial stimulus or shock. Now, I unhesitatingly say that shocks of any kind are inadmissible in many forms of disease, often doing more harm than good. What is really wanted is a gentle, even, and almost imperceptible magnetic influence permeating the whole system. Such an influence I found present in an appliance I have seen worn by many, and who spoke in the highest terms of praise of its merits. Its great recommendation is the simplicity of its operation, and its perfect accord with the plan of nature. It offers the most convenient and effectual method by which electro-magnetic currents can be applied, and it is made in the form of appliances which are worn on various parts of the body with as much comfort as any ordinary garment. I notice, further, that they generate a simple current without the aid of acids, chain-bands, discs, or voltaic Batteries, thus avoiding all possibility of ulcers or sores to the wearer. They need no attention whatever, and are so simple in their adoption that a child may use them with perfect safety.

With these important points about the construction of the magnetic appliances, I have no hesitation in recommending them to the weakly disposed and convalescent. I have taken them up also on account of the testimony borne as to their merits by the faculty—medical and clerical—and by the fact that after ten, twelve, or fifteen years' wear, the patients write in glowing terms of their efficacy.

I shall be glad to give any information in my power to those desirous of using these appliances as well as particulars of their cost.



MASSAGE CLASSES

ARE FORMED IN EVERY TOWN VISITED BY

The MASTER MASSEUR,

WHERE

LADIES ARE TAUGHT MASSAGE,

AND

FULLY QUALIFIED FOR THE WORK
AS MASSEUSES.

In these Classes Theoretical and Practical Lessons are given on most Diseases. The time to learn and to fully qualify being about One Month.

To those who qualify Certificates of Ability are given after due examination.

FOR FULL PARTICULARS LADIES SHOULD APPLY TO

Mrs. HANNAWAY ROWE (Madame la Masseuse).

ILLUMINATED ADDRESS FROM THE CITY OF YORK.

“ 26th May, 1892.

“ To the MASTER MASSEUR,

(“ W. F. H. ROWE, Esq.),

“ SIR,

“ A large number of those who have had the pleasure of attending the services organised and presided over by you in the Victoria Hall . . . during your second visit to York, hereby desire to express for themselves—and they believe for all who have been present at the services—their sincere thanks to you for your great kindness in having thus provided an opportunity of pleasantly and profitably attending a few hours on the Sabbath evenings, and of giving by their means such substantial aid (viz. £25), to the Funds of an Institution which has for its object the relief of the deserving poor of the City, irrespective of all religious or other considerations, they heartily congratulate you on the great success of the services, the only regret being that the Hall was not sufficiently capacious to accommodate all who wished to attend them, or the financial result would undoubtedly have been still more gratifying.

“ Wishing for yourself health, prosperity, and happiness in all your future life.

“ Signed on behalf of the

“ York Benevolent Society,

“ WM. CAMIDGE, *Hon. Sec.*

“ And on behalf of the Subscribers to this Address,

“ GEORGE KIRBY, *Hon. Sec.*

“ YORK.”

“ 26th May, 1892.”

PRESS NOTICES.

THE following Press Extracts are but fragmentary. A volume four times this size would be necessary to put in all that has been said regarding the work done by myself during the past four or five years before the public. There is sufficient, however, to prove that it is a work which has commended itself to all right thinking persons, or it would not have received the marked approbation from the people, and from the voice of the people—The Press. A general consensus marks its every step, and it is the more flattering because, in every case, the opinions have been given unsolicited and unasked for. It only remains for me to add that voluminous originals accompany me in my travels, and are always open for inspection :—

THE YORKSHIRE DAILY CHRONICLE of *May 2, 1892*, says :—

“Since the advent of the ‘Master Masseur’ to the Victoria Hall, Goodramgate, York, the building has nightly been the scene of very extraordinary occurrences, recalling to mind his wonderful performances at the Exhibition a few years ago, and which caused so great a sensation in York at the time. . . . The ‘Master Masseur’ has lost none of his ability to battle with the common foe; but, on the contrary, he has increased the scope of his operations, and is now able to deal with different kinds of diseases and afflictions.

‘BRING OUT YOUR SICK’

is the invitation he holds out to the passer-by and the public, accompanied by the confident promise and assurance that ‘the Master Masseur will heal.’ There have already been many responses to the invitation, and the manner in which the sufferers themselves publicly testify to the benefit they have derived from his treatment is calculated to impress the most sceptical minds. Several of his cures during the past week were of a particularly striking character.”

THE YORK HERALD, *May 21, 1892.*

“Great as was the success and popularity attending the ‘Master Masseur’ on the occasion of his previous visit to York, the measure of his fame and circle of his admirers have been appreciably extended during his present sojourn in our city. Twice a day this gentleman addresses audiences eager to drink in all about the elixir of life at a gulp, spellbound under the fascination of his oratory, dumbfounded by the thousand and one things he has to impart about the natural world, and entertained by the pointed illustrations and trenchant witticisms with which he embellishes his theme. . . . During his present stay in York he has treated 230 patients, suffering from diseases covering a very wide field, and he has had the assistance, in the case of the female sufferers, of a band of lady pupils.

“Every afternoon and evening, persons stricken with some painful bodily ailment publicly present themselves for treatment, and the audiences are able to compare the new man with the old, and so form a conclusion as to the immediate effects of the regenerating process. . . . In addition to . . . the public patients, the services of the ‘Master Masseur’ have been sought by many persons privately. . . . The visit concludes on Thursday next, when there will be a muster of those who have derived benefit from the Masseur’s treatment.”

LONSDALE'S MAGNETAIRE

By Royal Letters Patent.

The all-pervading stream of electric life generated by the **Magnetaire** penetrates the great centres of the nervous system, and thus the smallest nerve-fibre, or tissue, in the remotest part of the system is saturated by its strengthening and healing power: hence it is that the treatment invariably removes the distressing effects of weakened nerves, want of nervous energy, mental depression, affections of the brain and spinal cord, paralysis, epilepsy, &c., &c.

It will be easily understood that this power which vitalizes the blood, strengthens the muscles, and invigorates the nerves, must be a means of relief and cure from most forms of disease, especially those already referred to, and Rheumatism, Lumbago, Sciatica, Gout, Neuralgia, &c., &c.

The **Magnetaire** has been before the public for nearly a generation. It has not been puffed into short-lived notoriety either by sham associations or by sentimental appeals.

In spite of the discredit which many reckless imitators have brought on Electricity and Magnetism by foisting on the public "Electric and Magnetic Appliances," like the immortal green spectacles—only made to sell—the **Magnetaire** still maintains the reputation it has won by the retentive power of its batteries and the consequent permanence of its cures; and fresh testimonials are constantly flowing in to swell the thousands always to be seen at our London Office.

RICHARD LONSDALE'S Pamphlet on

"ELECTRICITY AND HEALTH,"

Containing full particulars and Price Lists—Free by Post to all
enquiring patients.

LONSDALE & CO.,
INVENTORS, PATENTEES, and SOLE MANUFACTURERS,
430, WEST STRAND, LONDON,

Near Charing Cross Hospital.

